



**EAST COAST  
WINGS+GRILL.**

## **NUTRITIONAL INFORMATION**

**FALL 2022**



## **EAST COAST WINGS+GRILL**

*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 9/2022. Subject to updates.*

<b>APPETIZERS</b>	<b>CALORIES</b>	<b>CALORIES FROM FAT</b>	<b>TOTAL FAT (G)</b>	<b>SATURATED FAT (G)</b>	<b>TRANS FAT (G)</b>	<b>POLY UNSAT FAT (G)</b>	<b>MONO UNSAT FAT (G)</b>	<b>CHOLESTEROL (MG)</b>	<b>SODIUM (MG)</b>	<b>POTASSIUM (MG)</b>	<b>CARBOHYDRATES (G)</b>	<b>DIETARY FIBER (G)</b>	<b>SUGARS (G)</b>	<b>PROTEIN (G)</b>
Tray of Fresh Sliced Potato Chips	1370	770	87	18	0	41	27		760		132	10	3	14
Bottomless Tray of Fresh Sliced Potato	1370	770	87	18	0	41	27		760		132	10	3	14
Tray of Fries	880	420	48	10	0	22	16		1680		104	10	2	9
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
Classic Nachos with beef	1510	790	89	22	1	23	15	115	3700	470	145	20	19	42
Onion Rings	900	630	71	10		13	4.5	45	1320	180	58	2	5	6
Southern Poutine Fries	1210	640	72	27		20	15	80	4730	60	112	10	3	34
Loaded Tots	1110	700	79	21		2.0	8	110	2920	300	63	5	3	28
Buffalo Tots	1030	860	97	15	0	34	17	30	4480	700	47	4	4	4
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
Buffalo Shrimp (Breaded) - Mild w/ Toast & Veggies	2020	1400	158	30	2.0	83	39	505	5750	250	87	2	8	63
Buffalo Shrimp (Breaded) - Medium w/ Toast & Veggies	1720	1090	124	24	1.5	63	32	505	6550	250	88	2	9	64
Buffalo Shrimp (Breaded) - Hot w/ Toast & Veggies	1430	800	90	18	1.0	44	25	505	7330	250	89	2	9	64
Buffalo Shrimp (Breaded) - X-hot w/ Toast & Veggies	1140	510	58	12	0	25	18	505	8090	250	90	3	10	64
Sausage And Cheese Tray (Bartlett, TN)	1890	1460	165	72				495	4260		21			102
Fried Pickle Chips w/Lava Ranch	940	770	87	18		19	7	25	2300		36	6		3

<b>SALADS</b>	<b>CALORIES</b>	<b>CALORIES FROM FAT</b>	<b>TOTAL FAT (g)</b>	<b>SATURATED FAT (g)</b>	<b>TRANS FAT (g)</b>	<b>POLY UNSAT FAT (g)</b>	<b>MONO UNSAT FAT (g)</b>	<b>CHOLESTEROL (MG)</b>	<b>SODIUM (MG)</b>	<b>POTASSIUM (MG)</b>	<b>CARBOHYDRATES (g)</b>	<b>DIETARY FIBER (g)</b>	<b>SUGARS (g)</b>	<b>PROTEIN (g)</b>
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 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
Garden Salad (No Dressing)	390	230	26	11		0.5	2.0	65	830	610	23	5	6	20
Southwestern Chicken Salad (Includes Dressing)	1780	1130	128	34	0	4.0	21	235	2680	1450	100	27	25	75

<b>SALAD DRESSINGS (4 FL OZ)</b>	<b>CALORIES</b>	<b>CALORIES FROM FAT</b>	<b>TOTAL FAT (g)</b>	<b>SATURATED FAT (g)</b>	<b>TRANS FAT (g)</b>	<b>POLY UNSAT FAT (g)</b>	<b>MONO UNSAT FAT (g)</b>	<b>CHOLESTEROL (MG)</b>	<b>SODIUM (MG)</b>	<b>POTASSIUM (MG)</b>	<b>CARBOHYDRATES (g)</b>	<b>DIETARY FIBER (g)</b>	<b>SUGARS (g)</b>	<b>PROTEIN (g)</b>
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 Thousand Island	600	530	59	10				50	1130	25	29	2	25	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

<b>BURGERS (NO SIDES)</b>	<b>CALORIES</b>	<b>CALORIES FROM FAT</b>	<b>TOTAL FAT (G)</b>	<b>SATURATED FAT (G)</b>	<b>TRANS FAT (G)</b>	<b>POLY UNSAT FAT (G)</b>	<b>MONO UNSAT FAT (G)</b>	<b>CHOLESTEROL (MG)</b>	<b>SODIUM (MG)</b>	<b>POTASSIUM (MG)</b>	<b>CARBOHYDRATES (G)</b>	<b>DIETARY FIBER (G)</b>	<b>SUGARS (G)</b>	<b>PROTEIN (G)</b>
VooDoo Burger	1660	910	103	33	4.0	9	29	320	2500	1330	92	3	45	94
Steak Burger	1390	920	104	24	1.5	15	15	160	2300	500	72	5	11	44
Cowboy Burger	2080	1180	134	44	4.0	16	32	385	3850	960	105	4	45	118
Bacon Cheddar Burger	1250	770	88	29	2	2	13	250	1350	640	47	3	5	73
Teriyaki Jalapeno Burger	1080	650	73	21	2	8	16	175	1880	660	61	3	11	55
Mac 'n Cheeseburger	2100	1350	153	49	4.0	16	32	390	2820	1150	77	5	8	115
Homestyle Burger	850	430	49	17	2	8	16	155	1180	450	48	3	3	55
Classic Cheeseburger	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
Add Tater Tots	690	430	49	9					1290		52	5	3	5

<b>ECW+0 SIGNATURES</b>	<b>CALORIES</b>	<b>CALORIES FROM FAT</b>	<b>TOTAL FAT (G)</b>	<b>SATURATED FAT (G)</b>	<b>TRANS FAT (G)</b>	<b>POLY UNSAT FAT (G)</b>	<b>MONO UNSAT FAT (G)</b>	<b>CHOLESTEROL (MG)</b>	<b>SODIUM (MG)</b>	<b>POTASSIUM (MG)</b>	<b>CARBOHYDRATES (G)</b>	<b>DIETARY FIBER (G)</b>	<b>SUGARS (G)</b>	<b>PROTEIN (G)</b>
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
Add Tater Tots	690	430	49	9					1290		52	5	3	5
Beef Mac + Cheese Skillet	930	420	48	22				195	1930		59		18	73
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

<b>ECW+8 SIGNATURES</b>	<b>CALORIES</b>	<b>CALORIES FROM FAT</b>	<b>TOTAL FAT (G)</b>	<b>SATURATED FAT (G)</b>	<b>TRANS FAT (G)</b>	<b>POLY UNSAT FAT (G)</b>	<b>MONO UNSAT FAT (G)</b>	<b>CHOLESTEROL (MG)</b>	<b>SODIUM (MG)</b>	<b>POTASSIUM (MG)</b>	<b>CARBOHYDRATES (G)</b>	<b>DIETARY FIBER (G)</b>	<b>SUGARS (G)</b>	<b>PROTEIN (G)</b>
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
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 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
Philly Steak Flatbread	810	330	38	14	0			95	2230	500	72	4	6	41

<b>SANDWICHES (NO SIDES)</b>	<b>CALORIES</b>	<b>CALORIES FROM FAT</b>	<b>TOTAL FAT (G)</b>	<b>SATURATED FAT (G)</b>	<b>TRANS FAT (G)</b>	<b>POLY UNSAT FAT (G)</b>	<b>MONO UNSAT FAT (G)</b>	<b>CHOLESTEROL (MG)</b>	<b>SODIUM (MG)</b>	<b>POTASSIUM (MG)</b>	<b>CARBOHYDRATES (G)</b>	<b>DIETARY FIBER (G)</b>	<b>SUGARS (G)</b>	<b>PROTEIN (G)</b>
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
HBBQ Chicken Sandwich	880	410	46	10		15	6	90	2030	530	89	3	40	37
Cajun Chicken Sandwich	660	260	30	8		2	1.5	140	1030	530	48	3	6	52
The Original Chicken Sandwich	790	340	39	7	0	15	6	110	2390	410	62	3	4	50
Voodoo BBQ Chicken Sandwich	1710	1140	130	24	0	30	12	180	2390	790	95	4	35	55
Chicken Philly	870	410	47	15	0	14	6	130	2300	520	60	3	4	53
Steak Philly	940	510	58	20		14	5	100	1770	85	62	3	4	42
Shrimp Po'boy	1160	680	77	12		16	6	295	1430	500	73	4	3	45
Add Crispy Ale-Battered French	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
Add Tater Tots	690	430	49	9					1290		52	5	3	5



<b>TACOS+WRAPS+ QUESADILLAS</b>	<b>CALORIES</b>	<b>CALORIES FROM FAT</b>	<b>TOTAL FAT (G)</b>	<b>SATURATED FAT (G)</b>	<b>TRANS FAT (G)</b>	<b>POLY UNSAT FAT (G)</b>	<b>MONO UNSAT FAT (G)</b>	<b>CHOLESTEROL (MG)</b>	<b>SODIUM (MG)</b>	<b>POTASSIUM (MG)</b>	<b>CARBOHYDRATES (G)</b>	<b>DIETARY FIBER (G)</b>	<b>SUGARS (G)</b>	<b>PROTEIN (G)</b>
Bang Bang Shrimp Tacos	1500	1110	125	26		1		305	2600	570	59	4	15	45
ECW+G Buffalo Chicken Wrap (Grilled) - Mild	950	570	65	13	0	19	8	110	2640	580	51	4	5	44
ECW+G Buffalo Chicken Wrap (Grilled) - Medium	850	480	54	11	0	13	6	110	2890	580	51	4	5	44
ECW+G Buffalo Chicken Wrap (Grilled) - Hot	760	380	43	10	0	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
Teriyaki Chicken Tacos	930	220	25	7		1	1.5	120	2560	560	117	8	17	63
Shrimp Buffalo Wrap (Grilled) - Mild	1110	750	85	17	1.0	32	12	195	2310	360	52	4	5	38
Shrimp Buffalo Wrap (Grilled) - Medium	1020	660	74	15	0.5	26	9	195	2570	360	52	4	5	38
Shrimp Buffalo Wrap (Grilled) - Hot	920	570	64	13	0.5	20	7	195	2810	360	52	4	5	38
Shrimp Buffalo Wrap (Grilled) - X-hot	830	480	54	11	0	14	5	195	3050	360	52	4	5	38
Steak Buffalo Wrap - Mild	1210	840	95	21	1.5	32	17	125	2290	540	51	4	5	43
Steak Buffalo Wrap - Medium	1110	740	84	19	1.0	26	15	125	2550	540	51	4	5	43
Steak Buffalo Wrap - Hot	1020	650	73	17	1.0	20	12	125	2790	540	51	4	5	43
Steak Buffalo Wrap - X-hot	930	560	63	16	1.0	14	10	125	3030	540	51	4	5	43
ECW+G Street Tacos	720	290	33	15				180	1900	210	50	3	6	58
Serrano Chicken Tacos	1340	780	88	31	0	7	5.0	210	2730	410	74	7	21	65
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
Southwestern Chicken Wrap	870	340	38	14		1	1.5	165	4660	470	67	5	12	62
VooDoo BBQ Chicken Wrap	1460	950	108	22	0	13	6	180	3630	690	77	4	30	54
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
Add Tater Tots	690	430	49	9					1290		52	5	3	5

<b>SIDES</b>	<b>CALORIES</b>	<b>CALORIES FROM FAT</b>	<b>TOTAL FAT (G)</b>	<b>SATURATED FAT (G)</b>	<b>TRANS FAT (G)</b>	<b>POLY UNSAT FAT (G)</b>	<b>MONO UNSAT FAT (G)</b>	<b>CHOLESTEROL (MG)</b>	<b>SODIUM (MG)</b>	<b>POTASSIUM (MG)</b>	<b>CARBOHYDRATES (G)</b>	<b>DIETARY FIBER (G)</b>	<b>SUGARS (G)</b>	<b>PROTEIN (G)</b>
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
Onion Rings	375	263	30	4.2		5.5	1.9	19	550	75	24	1	2	2.5
Mac+Cheese	380	240	28	17	0.5			70	880		20	2		16
Freshly 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
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
Mixed Vegetables	260	200	23	4		13	5		640	500	12	5	5	2

<b>DESSERTS</b>	<b>CALORIES</b>	<b>CALORIES FROM FAT</b>	<b>TOTAL FAT (G)</b>	<b>SATURATED FAT (G)</b>	<b>TRANS FAT (G)</b>	<b>POLY UNSAT FAT (G)</b>	<b>MONO UNSAT FAT (G)</b>	<b>CHOLESTEROL (MG)</b>	<b>SODIUM (MG)</b>	<b>POTASSIUM (MG)</b>	<b>CARBOHYDRATES (G)</b>	<b>DIETARY FIBER (G)</b>	<b>SUGARS (G)</b>	<b>PROTEIN (G)</b>
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

<b>BEVERAGES</b>	<b>CALORIES</b>	<b>CALORIES FROM FAT</b>	<b>TOTAL FAT (G)</b>	<b>SATURATED FAT (G)</b>	<b>TRANS FAT (G)</b>	<b>POLY UNSAT FAT (G)</b>	<b>MONO UNSAT FAT (G)</b>	<b>CHOLESTEROL (MG)</b>	<b>SODIUM (MG)</b>	<b>POTASSIUM (MG)</b>	<b>CARBOHYDRATES (G)</b>	<b>DIETARY FIBER (G)</b>	<b>SUGARS (G)</b>	<b>PROTEIN (G)</b>
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	

<b>TO-GO DRINKS</b>	<b>CALORIES</b>	<b>CALORIES FROM FAT</b>	<b>TOTAL FAT (G)</b>	<b>SATURATED FAT (G)</b>	<b>TRANS FAT (G)</b>	<b>POLY UNSAT FAT (G)</b>	<b>MONO UNSAT FAT (G)</b>	<b>CHOLESTEROL (MG)</b>	<b>SODIUM (MG)</b>	<b>POTASSIUM (MG)</b>	<b>CARBOHYDRATES (G)</b>	<b>DIETARY FIBER (G)</b>	<b>SUGARS (G)</b>	<b>PROTEIN (G)</b>
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	

<b>PLAIN WINGS</b>		<b>CALORIES</b>	<b>CALORIES FROM FAT</b>	<b>TOTAL FAT (g)</b>	<b>SATURATED FAT (g)</b>	<b>TRANS FAT (g)</b>	<b>POLY UNSAT FAT (g)</b>	<b>MONO UNSAT FAT (g)</b>	<b>CHOLESTEROL (MG)</b>	<b>SODIUM (MG)</b>	<b>POTASSIUM (MG)</b>	<b>CARBOHYDRATES (g)</b>	<b>DIETARY FIBER (g)</b>	<b>SUGARS (g)</b>	<b>PROTEIN (g)</b>
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

<b>HEAT INDEX</b>	<b>CALORIES</b>	<b>CALORIES FROM FAT</b>	<b>TOTAL FAT (g)</b>	<b>SATURATED FAT (g)</b>	<b>TRANS FAT (g)</b>	<b>POLY UNSAT FAT (g)</b>	<b>MONO UNSAT FAT (g)</b>	<b>CHOLESTEROL (MG)</b>	<b>SODIUM (MG)</b>	<b>POTASSIUM (MG)</b>	<b>CARBOHYDRATES (g)</b>	<b>DIETARY FIBER (g)</b>	<b>SUGARS (g)</b>	<b>PROTEIN (g)</b>
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**

	<b>CALORIES</b>	<b>CALORIES FROM FAT</b>	<b>TOTAL FAT (G)</b>	<b>SATURATED FAT (G)</b>	<b>TRANS FAT (G)</b>	<b>CHOLESTEROL (MG)</b>	<b>SODIUM (MG)</b>	<b>POTASSIUM (MG)</b>	<b>CARBOHYDRATES (G)</b>	<b>DIETARY FIBER (G)</b>	<b>SUGARS (G)</b>	<b>PROTEIN (G)</b>
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	
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
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	
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
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

**SAVORY**

	<b>CALORIES</b>	<b>CALORIES FROM FAT</b>	<b>TOTAL FAT (g)</b>	<b>SATURATED FAT (g)</b>	<b>TRANS FAT (g)</b>	<b>CHOLESTEROL (mg)</b>	<b>SODIUM (mg)</b>	<b>POTASSIUM (mg)</b>	<b>CARBOHYDRATES (g)</b>	<b>DIETARY FIBER (g)</b>	<b>SUGARS (g)</b>	<b>PROTEIN (g)</b>
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
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	
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

**FUSION**

	<b>CALORIES</b>	<b>CALORIES FROM FAT</b>	<b>TOTAL FAT (G)</b>	<b>SATURATED FAT (G)</b>	<b>TRANS FAT (G)</b>	<b>CHOLESTEROL (MG)</b>	<b>SODIUM (MG)</b>	<b>POTASSIUM (MG)</b>	<b>CARBOHYDRATES (G)</b>	<b>DIETARY FIBER (G)</b>	<b>SUGARS (G)</b>	<b>PROTEIN (G)</b>
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
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
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**

	<b>CALORIES</b>	<b>CALORIES FROM FAT</b>	<b>TOTAL FAT (G)</b>	<b>SATURATED FAT (G)</b>	<b>TRANS FAT (G)</b>	<b>CHOLESTEROL (MG)</b>	<b>SODIUM (MG)</b>	<b>POTASSIUM (MG)</b>	<b>CARBOHYDRATES (G)</b>	<b>DIETARY FIBER (G)</b>	<b>SUGARS (G)</b>	<b>PROTEIN (G)</b>
Teri-jalapeno - 50	490	0	0				7680	95	195	1	98	1
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	

<b>SWEET + HEAT</b>	<b>CALORIES</b>	<b>CALORIES FROM FAT</b>	<b>TOTAL FAT (G)</b>	<b>SATURATED FAT (G)</b>	<b>TRANS FAT (G)</b>	<b>CHOLESTEROL (MG)</b>	<b>SODIUM (MG)</b>	<b>POTASSIUM (MG)</b>	<b>CARBOHYDRATES (G)</b>	<b>DIETARY FIBER (G)</b>	<b>SUGARS (G)</b>	<b>PROTEIN (G)</b>
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	

<b>BBQ FAVORITES</b>	<b>CALORIES</b>	<b>CALORIES FROM FAT</b>	<b>TOTAL FAT (G)</b>	<b>SATURATED FAT (G)</b>	<b>TRANS FAT (G)</b>	<b>CHOLESTEROL (MG)</b>	<b>SODIUM (MG)</b>	<b>POTASSIUM (MG)</b>	<b>CARBOHYDRATES (G)</b>	<b>DIETARY FIBER (G)</b>	<b>SUGARS (G)</b>	<b>PROTEIN (G)</b>
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
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	
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	
VooDoo BBQ - 5	240						480	440	60		52	
VooDoo BBQ - 10	240						480	440	60		52	
VooDoo BBQ - 15	360						720	660	90		78	
VooDoo BBQ - 25	360						720	660	90		78	
VooDoo BBQ - 50	420						1440	1320	180		156	

## AMERICAN CLASSICS

	<b>CALORIES</b>	<b>CALORIES FROM FAT</b>	<b>TOTAL FAT (G)</b>	<b>SATURATED FAT (G)</b>	<b>TRANS FAT (G)</b>	<b>CHOLESTEROL (MG)</b>	<b>SODIUM (MG)</b>	<b>POTASSIUM (MG)</b>	<b>CARBOHYDRATES (G)</b>	<b>DIETARY FIBER (G)</b>	<b>SUGARS (G)</b>	<b>PROTEIN (G)</b>
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**

	<b>CALORIES</b>	<b>CALORIES FROM FAT</b>	<b>TOTAL FAT (g)</b>	<b>SATURATED FAT (g)</b>	<b>TRANS FAT (g)</b>	<b>CHOLESTEROL (MG)</b>	<b>SODIUM (MG)</b>	<b>POTASSIUM (MG)</b>	<b>CARBOHYDRATES (g)</b>	<b>DIETARY FIBER (g)</b>	<b>SUGARS (g)</b>	<b>PROTEIN (g)</b>
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
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
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
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

**DRY RUB**

	<b>CALORIES</b>	<b>CALORIES FROM FAT</b>	<b>TOTAL FAT (g)</b>	<b>SATURATED FAT (g)</b>	<b>TRANS FAT (g)</b>	<b>CHOLESTEROL (MG)</b>	<b>SODIUM (MG)</b>	<b>POTASSIUM (MG)</b>	<b>CARBOHYDRATES (g)</b>	<b>DIETARY FIBER (g)</b>	<b>SUGARS (g)</b>	<b>PROTEIN (g)</b>
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

<b>KIDS (NO SIDES)</b>	<b>CALORIES</b>	<b>CALORIES FROM FAT</b>	<b>TOTAL FAT (G)</b>	<b>SATURATED FAT (G)</b>	<b>TRANS FAT (G)</b>	<b>POLY UNSAT FAT (G)</b>	<b>MONO UNSAT FAT (G)</b>	<b>CHOLESTEROL (MG)</b>	<b>SODIUM (MG)</b>	<b>POTASSIUM (MG)</b>	<b>CARBOHYDRATES (G)</b>	<b>DIETARY FIBER (G)</b>	<b>SUGARS (G)</b>	<b>PROTEIN (G)</b>
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
Burger 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

<b>KIDS (NO SIDES)</b>	<b>CALORIES</b>	<b>CALORIES FROM FAT</b>	<b>TOTAL FAT (G)</b>	<b>SATURATED FAT (G)</b>	<b>TRANS FAT (G)</b>	<b>POLY UNSAT FAT (G)</b>	<b>MONO UNSAT FAT (G)</b>	<b>CHOLESTEROL (MG)</b>	<b>SODIUM (MG)</b>	<b>POTASSIUM (MG)</b>	<b>CARBOHYDRATES (G)</b>	<b>DIETARY FIBER (G)</b>	<b>SUGARS (G)</b>	<b>PROTEIN (G)</b>
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

<b>KIDS DRINKS</b>	<b>CALORIES</b>	<b>CALORIES FROM FAT</b>	<b>TOTAL FAT (G)</b>	<b>SATURATED FAT (G)</b>	<b>TRANS FAT (G)</b>	<b>POLY UNSAT FAT (G)</b>	<b>MONO UNSAT FAT (G)</b>	<b>CHOLESTEROL (MG)</b>	<b>SODIUM (MG)</b>	<b>POTASSIUM (MG)</b>	<b>CARBOHYDRATES (G)</b>	<b>DIETARY FIBER (G)</b>	<b>SUGARS (G)</b>	<b>PROTEIN (G)</b>
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	



<b>LUNCH FEATURES</b>	<b>CALORIES</b>	<b>CALORIES FROM FAT</b>	<b>TOTAL FAT (G)</b>	<b>SATURATED FAT (G)</b>	<b>TRANS FAT (G)</b>	<b>POLY UNSAT FAT (G)</b>	<b>MONO UNSAT FAT (G)</b>	<b>CHOLESTEROL (MG)</b>	<b>SODIUM (MG)</b>	<b>POTASSIUM (MG)</b>	<b>CARBOHYDRATES (G)</b>	<b>DIETARY FIBER (G)</b>	<b>SUGARS (G)</b>	<b>PROTEIN (G)</b>
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
Classic Cheeseburger (Includes Lettuce, Mayo And Tomato)	1070	690	78	19	2.0	15	18	160	870	600	46	3	4	50
Small House Salad (No Dressing)	110	60	7	1.5		0	1.0	15	270	220	9	1	2	5
Bleu Cheese	50	35	4.0	2.5				10	200		0			3
Mozzarella Cheese	45	30	3.5	2.5				10	95		1			3
Provolone Cheese	50	35	4.0	2.5				10	125		1			4
American Cheese	50	40	4.5	3.0				10	250		7			3
Pepper Jack Cheese	50	35	4.0	2.5				15	200		1			3
Add Fresh Sliced Potato Chips	730	410	46	10	0	22	14		410		71	5	1	8
Add Crispy Ale-battered French Fries (No Dipping Sauces)	700	340	38	8	0	17	13		1350		83	8	1	7

<b>DIPPING SAUCES (4 FL OZ)</b>	<b>CALORIES</b>	<b>CALORIES FROM FAT</b>	<b>TOTAL FAT (G)</b>	<b>SATURATED FAT (G)</b>	<b>TRANS FAT (G)</b>	<b>POLY UNSAT FAT (G)</b>	<b>MONO UNSAT FAT (G)</b>	<b>CHOLESTEROL (MG)</b>	<b>SODIUM (MG)</b>	<b>POTASSIUM (MG)</b>	<b>CARBOHYDRATES (G)</b>	<b>DIETARY FIBER (G)</b>	<b>SUGARS (G)</b>	<b>PROTEIN (G)</b>
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

## East Coast Wings - Common Allergens

	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat
<b>Appetizers</b>								
Tray of Fries								X
Loaded Fries			X					X
Tray of Freshly Sliced Potato Chips								
Buffalo Shrimp (Breaded) - with Heat Added		X	X		X	X		X
Onion Rings	X		X					X
Mozzarella Stix with Marinara Sauce	X		X			X		X
Buffalo Chicken Dip		X	X			X		X
Classic Nachos with Beef			X					X
Loaded Tots			X					
Southern Poutine Fries			X			X		X
Pub Bites						X		X
Pub Bites - with Bourbon Honey Mustard	X					X		X
Pub Bites - with Sam Adams Beer Cheese Sauce			X			X		X
Feisty Feta Dip			X					X
Buffalo Tots	X	X	X			X		
Fried Pickle Chips w/Lava Ranch	X	X	X			X		X
Sausage And Cheese Tray (Bartlett, TN)			X			X		
<b>ECW+G Signatures (No Side)</b>								
Chicken Fingers Platter (Breaded) - with Heat Added	X	X	X			X		X
Chicken Fingers Platter (Grilled) - with Heat Added		X				X		
Beef Mac & Cheese Skillet	X		X					X
Chicken Mac + Cheese Skillet	X		X			X		X
Chicken Avocado Flatbread	X		X			X		X
Buffalo Chicken Lettuce Wraps with Lava Ranch - with Heat Added	X	X	X			X		
Philly Steak Flatbread			X			X		X

	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat
<b>Burgers (No side)</b>								
Bacon Cheddar Burger	X		X			X		X
Teriyaki Jalapeno Burger	X		X			X		X
Cowboy Burger	X		X			X		X
Homestyle Burger			X			X		X
Mac + Cheeseburger (with Onion Petals, No Fries)	X		X			X		X
Voodoo Burger	X		X			X		X
Steak Burger	X		X			X		X
Hamburger (Includes Lettuce And Tomato)	X					X		X
American Cheese			X			X		
Bleu Cheese			X					
Cheddar Cheese			X					
Mozzarella Cheese			X					
Pepper Jack Cheese			X					
Provolone Cheese			X					
<b>Tacos + Wraps + Quesadillas (No Sides)</b>								
Southwestern Chicken Wrap	X	X	X			X		X
Teriyaki Chicken Tacos			X			X		X
Serrano Chicken Tacos	X		X			X		X
Voodoo Chicken Wrap	X	X	X			X		X
ECW+G Buffalo Chicken Wrap (No Heat Index)	X		X			X		X
ECW+G Buffalo Chicken Buffalo Wrap (Grilled) - with Heat Added	X	X	X			X		X
Shrimp Buffalo Wrap (Grilled) - with Heat Added	X	X	X		X	X		X
Steak Buffalo Wrap - with Heat Added	X	X	X			X		X
ECW Street Tacos			X					X
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
Santa Fe Quesadilla with Sour Cream And Salsa - with Heat Added		X	X			X		X







	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat
Mango Bango	X					X		
Mango Habanero						X		
Mardi Gras						X		X
Maui	X					X		X
Outwest Ranch	X		X			X		
Parmesan Peppercorn	X		X					
Polynesian		X				X		X
Raging Ranch			X			X		
Santa Fe			X					
Serrano Pepper	X		X			X		X
Spiked Bourbon Street						X		X
Spiked Honey BBQ Sauce (4 fl Oz)		X						X
Spiked Honey BBQ Sauce (8 fl Oz)		X						X
Sweet + Bold BBQ								
Sweet BBQ								
Teri-ginger						X		X
Teri-ginger Garlic						X		X
Teri-jalapeno						X		X
Voodoo Sauce BBQ								
* Allergens listed apply to all wing count choices								
<b>Desserts</b>								
Carnival 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
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



	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat
<b>Kids Menu</b>								
Traditional Wings (4 Wings, No Sauce, Flavor, Or Heat Index)								
Traditional Wings - with Heat Added		X				X		
Boneless Wings (4 Wings, No Sauce, Flavor, Or Heat Index)	X		X			X		X
Boneless Wings - with Heat Added	X	X	X			X		X
Crispy Chicken Tenders (2 Each) - No Sauce	X		X			X		X
Crispy Chicken Tenders - with Heat Added	X	X	X			X		X
Grilled Chicken Tenders (2 Each) - No Sauce						X		
Grilled Chicken Tenders - with Heat Added		X				X		
Burger with cheese			X			X		X
Grilled Cheese			X			X		X
Mac + Cheese	X		X					X
Mini Corn Dogs (5 Each)	X		X			X		X
Add Applesauce								
Add Celery And Carrots with Ranch Dressing	X		X			X		
Crispy Ale-Battered French Fries								X
Add Fruit Cup								
Freshly Sliced Potato Chips								
<b>Beverages</b>								
Mountain Dew								
Pepsi								
Sierra Mist								
Diet Pepsi								
Dr. Pepper								
Fruit Punch								
Iced Tea								
Lemonde								
Add Blood Orange Flavor								
Add Mango, Peach, Raspberry, Red Passion or Strawberry Flavor								