EAST COAST WINGS + GRILL

NUTRITIONAL + ALLERGEN INFORMATION

FALL 2026

East Coast Wings + Grill® is committed to serving America's Best Wings and Large Variety Menu in a fun family friendly atmosphere. Please use the nutritional facts in this document to help you make your dining decisions. While we are committed to providing as accurate nutritional information as possible, there may be differences between the actual nutritional content of your freshly prepared menu item and the nutritional values provided in this document. The nutritional values we provide are derived using an industry standard database, but do not account for the natural variability that occurs within ingredients, variation that occurs due to the hand-crafted nature of each plate or variation that may occur due to substitutions that guests request. Please keep this in mind when making dining decisions. We are happy to make any modifications or substitutions to your meal that you request, although these adjustments will impact the nutritional information detailed in this document. Information as of 08/2026. Subject to updates.

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APPETIZERS	*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)*
Buffalo Chicken Dip (No Hot Sauce)	780	500	57	21	0	115	1780	43	5	5	21
Classic Nachos with beef	1460	740	84	22	1	115	4580	121	19	19	40
Classic Nachos with chicken	1850	990	112	36	0	300	5140	102	13	15	94
Fiesta Corn R'bz™	960	570	64	10		25	1740	95	9	9	11
Fried Pickle Chips w/Lava Ranch	940	770	87	18	0	25	2300	36	6	3	3
Loaded Chips Tray	1440	1000	113	24		75	2290	70	4	2	25
Loaded Fries Tray	1480	740	84	22	0	70	4060	149	10	28	27
Loaded Tots Tray	2160	1650	186	35	0	150	3940	85	6	4	33
Mozzarella Stix with Marinara Sauce	1000	650	73	19		60	2240	58	4	12	32
Pub Bites™ with Bourbon Honey Mustard	960	400	46	8	0	25	7920	114	6	12	21
Pub Bites™ with Craft Beer Cheese Sauce	910	320	36	17	0	65	8560	109	6	7	34
Southwest Egg Rolls	890	420	14	16		45	2430	98	3	32	17
Tray of Fresh Sliced Potato Chips	1370	770	87	18	0		760	132	10	3	14
Tray of Fries	880	420	48	10	0		1680	104	10	2	9
Tray of Tots	1440	930	105	15	0.5		3430	114	7	25	7

BUFFALO	*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)*
5 Bone-In Wings (No Sauce)	380	260	30	7		80	80				26
10 Bone-In Wings (No Sauce)	760	530	60	14		160	160				51
15 Bone-In Wings (No Sauce)	1150	790	90	20		240	230				77
25 Bone-In Wings (No Sauce)	1910	1320	150	34		400	390				128
50 Bone-In Wings (No Sauce)	3820	2650	299	68		800	780				256
5 Boneless Wings (No Sauce)	310	150	17	3.5	0	50	700	20			19
10 Boneless Wings (No Sauce)	620	300	34	7	0	100	1400	40			38

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BUFFALO	*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)*
15 Boneless Wings (No Sauce)	930	450	51	11	0	150	2100	60			57
25 Boneless Wings (No Sauce)	1550	750	85	18	0.5	245	3500	100			95
50 Boneless Wings (No Sauce)	3100	1500	170	35	1	495	7000	200			190
10 Buffalo Mix (No Sauce)	580	280	32	8	0	155	820	20			52
15 Buffalo Mix (No Sauce)	860	420	48	12	0	240	1170	28			80
25 Buffalo Mix (No Sauce)	1440	710	80	19	0	400	1990	48			133
50 Buffalo Mix (No Sauce)	2890	1410	160	39	1	785	4100	100			262
Buffalo Shrimp (Breaded) - Mild w/ Toast	1250	620	70	12		515	2830	67	3	2	78
Buffalo Shrimp (Breaded) - Medium w/ Toast	1100	470	53	9		515	3270	67	3	3	78
Buffalo Shrimp (Breaded) - Hot w/ Toast	950	320	37	6		515	3680	68	3	3	78
Buffalo Shrimp (Breaded) - X-Hot w/ Toast	960	330	37	6		515	3780	68	3	3	78
3 Buffalo Chicken Tenders (Breaded) - Mild	710	400	46	9	0	140	4480	21		2	54
3 Buffalo Chicken Tenders (Breaded) - Medium	660	360	40	8	0	140	4610	21		2	54
3 Buffalo Chicken Tenders (Breaded) - Hot	620	310	35	7	0	140	4730	21		2	54
3 Buffalo Chicken Tenders (Breaded) - X-Hot	570	270	30	6	0	140	4850	22		2	54
3 Buffalo Chicken Tenders (Grilled) - Mild	500	210	24	5		175	3820	3		2	65
3 Buffalo Chicken Tenders (Grilled) - Medium	460	160	18	4		175	3950	3		2	65
3 Buffalo Chicken Tenders (Grilled) - Hot	410	120	13	3		175	4080	3		2	65
3 Buffalo Chicken Tenders (Grilled) - X-Hot	360	70	8	2		175	4200	4		2	66
5 Buffalo Chicken Tenders (Breaded) - Mild	1220	710	81	16	0	235	5460	33		2	90
5 Buffalo Chicken Tenders (Breaded) - Medium	1120	620	70	17	0	235	5720	34		2	90
5 Buffalo Chicken Tenders (Breaded) - Hot	690	200	23	5		29*5	4880	4		2	109
5 Buffalo Chicken Tenders (Breaded) - X-Hot	600	120	13	3.5		295	5120	4		2	109
5 Buffalo Chicken Tenders (Grilled) - Mild	880	390	44	9		295	4370	4		2	108
5 Buffalo Chicken Tenders (Grilled) - Medium	780	300	44	9		295	4370	4		2	108
5 Buffalo Chicken Tenders (Grilled) - Hot	690	200	23	5		295	4880	4		2	109
5 Buffalo Chicken Tenders (Grilled) - X-Hot	600	120	13	3.5		295	5120	4		2	109

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HEAT LEVELS	*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)*
Add Virgin Dry Rub - 5 Wings	200	200	22	4	0		220				
Add Virgin Dry Rub - 10 Wings	400	400	45	8	0.5		430	0			
Add Virgin Dry Rub - 15 Wings	600	590	67	12	1		650	0			
Add Virgin Dry Rub - 25 Wings	1000	990	112	20	1.5		1090	0			
Add Virgin Dry Rub - 50 Wings	2000	1980	224	39	3.5		2170	0			
Add Mild - 5 Wings	570	550	62	11			1350	0		0	0
Add Mild - 10 Wings	570	550	62	11			1350	0		0	0
Add Mild - 15 Wings	850	830	94	17			2200	1		1	0
Add Mild - 25 Wings	850	830	94	17			2200	1		1	0
Add Mild - 50 Wings	1710	1660	187	34			4040	1		1	0
Add Medium - 5 Wings	380	360	41	7			1830	1		1	0
Add Medium - 10 Wings	380	360	41	7			1830	1		1	0
Add Medium - 15 Wings	570	540	62	11			2790	1		1	0
Add Medium - 25 Wings	570	540	62	11			2790	1		1	0
Add Medium - 50 Wings	1130	1090	123	22			5590	3		2	1
Add Hot - 5 Wings	190	180	20	3.5			2360	1		1	0
Add Hot - 10 Wings	190	180	20	3.5			2360	1		1	0
Add Hot - 15 Wings	290	270	31	6			3550	2		2	1
Add Hot - 25 Wings	290	270	31	6			3550	2		2	1
Add Hot - 50 Wings	570	540	61	11			7090	4		3	1
Add X-Hot - 5 Wings	10	0	0				2380	2		1	0
Add X-Hot - 10 Wings	10	0	0				2380	2		1	0
Add X-Hot - 15 Wings	15	0	0.5	0			3970	3		2	1
Add X-Hot - 25 Wings	15	0	0.5	0			3970	3		2	1
Add X-Hot - 50 Wings	35	10	1	0			7940	5		4	2

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HEAT LEVELS	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)
Add Volcanic - 5 Wings	15	0	0				2190	1		1	0
Add Volcanic - 10 Wings	15	0	0				2190	1		1	0
Add Volcanic - 15 Wings	15	0	0				2190	1		1	0
Add Volcanic - 25 Wings	25	0	0				3460	2		2	1
Add Volcanic - 50 Wings	45	10	1	0			7290	4		3	1
Add Insanity - 5 Wings	20	0	0				2940	2		1	0
Add Insanity - 10 Wings	20	0	0				2940	2		1	0
Add Insanity - 15 Wings	35	0	0.5	0			4420	2		2	1
Add Insanity - 25 Wings	35	0	0.5	0			4420	2		2	1
Add Insanity - 50 Wings	70	10	1	0			8830	5		4	1

SAVORY	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)
Bacon Ranch - 5	610	570	56	10		70	1040	2		2	4
Bacon Ranch - 10	640	590	67	11		85	1200	2		2	6
Bacon Ranch - 15	990	910	103	17		135	1970	3		2	12
Bacon Ranch - 25	1220	1150	130	19		140	2090	4		3	7
Bacon Ranch - 50	1920	1780	201	32		250	3610	6		5	18
Bang Bang - 5	640	600	68	10		20	840	12		8	
Bang Bang - 10	640	600	68	10		20	840	12		8	
Bang Bang - 15	960	900	102	15		30	1260	18		12	
Bang Bang - 25	960	900	102	15		30	1260	18		12	
Bang Bang - 50	1920	1800	204	30		60	2520	36		24	

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SAVORY	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)
Black n Bleu - 5	600	550	63	9		60	2380	6	2	2	3
Black n Bleu - 10	600	550	63	9		60	2380	6	2	2	3
Black n Bleu - 15	920	830	94	14		90	4390	11	4	3	4
Black n Bleu - 25	940	840	95	14		90	6020	15	6	4	5
Black n Bleu - 50	1860	1670	189	28		175	10410	26	10	7	10
Cajun Ranch - 5	610	560	63	9		60	2510	6	2	2	2
Cajun Ranch - 10	610	560	63	9		60	2510	6	2	2	2
Cajun Ranch - 15	920	840	95	13		85	4590	11	4	3	3
Cajun Ranch - 25	940	840	96	13		85	6220	15	6	4	4
Cajun Ranch - 50	1860	1680	191	27		175	10800	25	10	7	8
Carolina Ranch - 5	410	280	31	4.5		30	1220	31		27	1
Carolina Ranch - 10	410	280	31	4.5		30	1220	31		27	1
Carolina Ranch - 15	620	420	47	7		45	1830	46		40	1
Carolina Ranch - 25	620	420	47	7		45	1830	46		40	1
Carolina Ranch - 50	1230	830	94	13		85	3670	93		80	2
Grand Cayman™ - 5	630	570	64	12		40	2160	14	1	11	5
Grand Cayman™ - 10	630	570	64	12		40	2160	14	1	11	5
Grand Cayman™ - 15	960	850	96	18		60	3810	25	2	18	8
Grand Cayman™ - 25	990	850	96	18		60	4970	31	3	21	8
Grand Cayman™ - 50	1950	1700	193	36		120	8790	56	6	39	16
Hey Mon Honey™ - 5	230	0	0				1700	54	1	47	1
Hey Mon Honey™ - 10	230	0	0				1700	54	1	47	1
Hey Mon Honey™ - 15	360	0	0				3120	85	2	72	2
Hey Mon Honey™ - 25	390	0	0				4280	91	3	75	2
Hey Mon Honey™- 50	750	5	1				7410	176	6	147	4

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Honey Garlic - 5	200						540	48		44	
Honey Garlic - 10	200						540	48		44	
Honey Garlic - 15	300						810	72		66	
Honey Garlic - 25	300						810	72		66	
Honey Garlic - 50	600						1620	144		132	
Martinique™ - 5	670	580	65	9		60	1700	18	1	15	1
Martinique™ - 10	670	580	65	9		60	1700	18	1	15	1
Martinique™ - 15	1030	870	98	13		90	3130	31	2	24	2
Martinique™ - 25	1060	870	98	13		90	4280	37	3	27	2
Martinique™ - 50	2080	1730	196	27		175	7410	68	6	51	4
Outwest Ranch - 5	460	420	47	7		45	1670	7		5	1
Outwest Ranch - 10	460	420	47	7		45	1670	7		5	1
Outwest Ranch - 15	690	620	70	10		65	2510	11		8	1
Outwest Ranch - 25	690	620	70	10		65	2510	11		8	1
Outwest Ranch - 50	1380	1250	141	20		130	5020	22		16	3

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FUSION	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)
General Tso's - 5	280						2640	72		64	4
General Tso's - 10	280						2640	72		64	4
General Tso's - 15	420						3960	108		96	6
General Tso's - 25	420						3960	108		96	6
General Tso's - 50	840						7920	216		192	12
Kamikaze™ - 5	240						3120	60		54	3
Kamikaze™ - 10	240						3120	60		54	3
Kamikaze™ - 15	360						4680	90		81	4
Kamikaze™ - 25	360						4680	90		81	4
Kamikaze™ - 50	720						9360	180		162	9
Mango Bango™ - 5	400	300	34	5		10	720	24		16	
Mango Bango™ - 10	400	300	34	5		10	720	24		16	
Mango Bango™ - 15	600	450	51	8		15	1080	36		24	
Mango Bango™ - 25	600	450	51	8		15	1080	36		24	
Mango Bango™ - 50	1200	900	102	15		30	2160	72		48	
Maui - 5	380	290	33	4.5		30	1230	30		18	
Maui - 10	380	290	33	4.5		30	1230	30		18	
Maui - 15	570	430	49	7		45	1850	45		27	
Maui - 25	570	430	49	7		45	1850	45		27	
Maui - 50	1150	860	98	13		90	3690	90		54	0
Polynesian - 5	200						360	48		44	
Polynesian - 10	200						360	48		44	
Polynesian - 15	300						540	72		66	
Polynesian - 25	300						540	72		66	
Polynesian - 50	600						1080	144		132	

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FUSION	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)
Teri-Ginger - 5	120						1920	48		24	
Teri-Ginger - 10	120						1920	48		24	
Teri-Ginger - 15	180						2880	72		36	
Teri-Ginger - 25	180						2880	72		36	
Teri-Ginger - 50	360						5760	144		72	
Teri-Ginger Garlic - 5	150	0	0				1930	55		24	2
Teri-Ginger Garlic - 10	150	0	0				1930	55		24	2
Teri-Ginger Garlic - 15	240	0	0				2890	86	2	36	3
Teri-Ginger Garlic - 25	280	0	0	0			2900	93	3	37	5
Teri-Ginger Garlic - 50	520	0	0	0			5790	179	4	73	8

SWEET + SPICY	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)
Chili Thai - 5	240						1320	60		56	
Chili Thai - 10	240						1320	60		56	
Chili Thai - 15	360						1980	90		84	
Chili Thai - 25	360						1980	90		84	
Chili Thai - 50	720						3960	180		168	
Chipotle - 5	100						4040	24		16	
Chipotle - 10	100						4040	24		16	
Chipotle - 15	150						6060	36		24	
Chipotle - 25	150						6060	36		24	
Chipotle - 50	300						12120	72		48	

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SWEET + SPICY	*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)*
Chipotle HBBQ - 5	180						2430	45		37	0
Chipotle HBBQ - 10	180						2430	45		37	0
Chipotle HBBQ - 15	260						3620	65		54	0
Chipotle HBBQ - 25	270						3650	68		56	0
Chipotle HBBQ - 50	530						7290	136		111	0
Hot Honey -5	220						930	54		50	
Hot Honey - 10	220						930	54		50	
Hot Honey - 15	330						1390	81		75	
Hot Honey - 25	330						1390	81		75	
Hot Honey - 50	600						2790	162		150	
Korean BBQ - 5	280	50	6				2360	52		4	4
Korean BBQ - 10	280	50	6				2360	52		4	4
Korean BBQ - 15	420	80	9				3540	78		6	6
Korean BBQ - 25	420	80	9				3540	78		6	6
Korean BBQ - 50	840	160	18				7080	156		12	12
Mango Habanero - 5	160						600	36		24	
Mango Habanero - 10	160						600	36		24	
Mango Habanero - 15	240						900	54		36	
Mango Habanero - 25	240						900	54		36	
Mango Habanero - 50	480						1800	108		72	
Spicy Peach - 5	240						1440	64		56	
Spicy Peach - 10	240						1440	64		56	
Spicy Peach - 15	360						2160	96		84	
Spicy Peach - 25	360						2160	96		84	
Spicy Peach - 50	720						4320	192		168	

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BBQ FAVORITES	*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)*
Drunken Apple™ - 5	260						300	64		60	
Drunken Apple™ - 10	260						300	64		60	
Drunken Apple™ - 15	380						450	96		90	
Drunken Apple™ - 25	390						450	906		90	
Drunken Apple™ - 50	770						900	192		180	
Golden BBQ™ - 5	480	290	33	4.5		30	1010	42	1	36	1
Golden BBQ™ - 10	480	290	33	4.5		30	1010	42	1	36	1
Golden BBQ™ - 15	720	430	49	7		45	1520	63	2	54	2
Golden BBQ™ - 25	720	430	49	7		45	1520	63	2	54	2
Golden BBQ™ - 50	1450	860	98	13		90	3030	126	3	108	3
Harvest Apple™ - 5	240						300	64		60	
Harvest Apple™ - 10	240						300	64		60	
Harvest Apple™ - 15	360						450	96		90	
Harvest Apple™ - 25	360						450	96		90	
Harvest Apple™ - 50	720						900	192		180	
Honey BBQ - 5	250						820	66		58	0
Honey BBQ - 10	250						820	66		58	0
Honey BBQ - 15	380						1230	100		87	0
Honey BBQ - 25	380						1230	100		87	0
Honey BBQ - 50	760						2460	199		174	0
Spiked Honey BBQ Sauce - 5	280						820	66		58	0
Spiked Honey BBQ Sauce - 10	280						820	66		58	0
Spiked Honey BBQ Sauce - 15	400						1230	100		87	0
Spiked Honey BBQ Sauce - 25	410						1230	100		87	0
Spiked Honey BBQ Sauce - 50	810						2460	199		174	0

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BBQ FAVORITES	*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)*
Sweet + Bold BBQ - 5	230	40	4.5				1860	55	3	44	2
Sweet + Bold BBQ - 10	230	40	4.5				1860	55	3	44	2
Sweet + Bold BBQ - 15	350	60	6				2760	82	5	66	3
Sweet + Bold BBQ - 25	350	60	6				2760	82	5	66	3
Sweet + Bold BBQ - 50	700	110	13				5580	164	9	133	7
Sweet BBQ - 5	320						1480	72	2	60	2
Sweet BBQ - 10	320						1480	72	2	60	2
Sweet BBQ - 15	480						2220	10	3	90	3
Sweet BBQ - 25	480						2220	10	3	90	3
Sweet BBQ - 50	690						4440	216	6	180	6

AMERICAN CLASSICS	*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)*
Bourbon Honey Mustard - 5	340	290	33	4.5		30	340	10		10	
Bourbon Honey Mustard - 10	340	290	33	4.5		30	340	10		10	
Bourbon Honey Mustard - 15	510	430	49	7		45	510	15		15	
Bourbon Honey Mustard - 25	510	430	49	7		45	510	15		15	
Bourbon Honey Mustard - 50	1030	860	98	13		90	1020	30		30	
Bourbon Street - 5	40						140	8		8	
Bourbon Street - 10	40						140	8		8	
Bourbon Street - 15	60						210	12		12	
Bourbon Street - 25	60						210	12		12	
Bourbon Street - 50	120						420	24		24	

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AMERICAN CLASSICS	*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)*
Honey Mustard - 5	640	580	65	9		60	540	12		12	
Honey Mustard - 10	640	580	65	9		60	540	12		12	
Honey Mustard - 15	970	860	98	13		90	810	18		18	0
Honey Mustard - 25	970	860	98	13		90	810	18		18	0
Honey Mustard - 50	1930	1730	195	27		175	1620	36		36	0
Kentucky Bourbon - 5	460	420	48	9		30	780	8		8	3
Kentucky Bourbon - 10	460	420	48	9		30	780	8		8	3
Kentucky Bourbon - 15	690	640	72	14		45	1180	12		12	4
Kentucky Bourbon - 25	690	640	72	14		45	1180	12		12	4
Kentucky Bourbon - 50	1380	1270	144	27		90	2350	24		24	9
Spiked Bourbon Street™ - 5	60						140	8		8	
Spiked Bourbon Street™ - 10	120						280	16		16	
Spiked Bourbon Street™ - 15	120						280	16		16	
Spiked Bourbon Street™ - 25	180						420	24		24	
Spiked Bourbon Street™ - 50	240						560	32		32	

DRY RUB	*Calories*	*Calories from fat*	*Total fat (g)*	*Saturated fat (g)*	*Trans fat (g)*	*Cholesterol (mg)*	*Sodium (mg)*	*Carbohydrates (g)*	*Dietary fiber (g)*	*Sugars (g)*	*Protein (g)*
Cajun - 5	25	0	0.5	0			1630	4	2	0	1
Cajun - 10	25	0	0.5	0			1630	4	2	0	1
Cajun - 15	50	10	1	0			3260	8	4	1	2
Cajun - 25	70	15	1.5	0			4890	12	6	1	3
Cajun - 50	120	25	2.5	0.5			8150	20	10	2	4

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DRY RUB	*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)*
Cajun Garlic - 5	30	0	0.5	0			1630	5	2	1	1
Cajun Garlic - 10	30	0	0.5	0			1630	5	2	1	1
Cajun Garlic - 15	60	10	1	0			3260	10	4	1	2
Cajun Garlic - 25	90	15	1.5	0			4900	15	7	2	3
Cajun Garlic - 50	150	25	3	0.5			8160	25	11	3	5
Caribbean - 5	30	0	0				1160	6	1	3	1
Caribbean - 10	30	0	0				1160	6	1	3	1
Caribbean - 15	60	0	0				2310	13	2	6	2
Caribbean - 25	90	0	0				3470	19	3	9	2
Caribbean - 50	150	5	1				5790	32	6	15	4
Garlic Parmesan - 5	25	5	1	0.5		3	35	4		0	2
Garlic Parmesan - 10	25	5	1	0.5		3	35	4		0	2
Garlic Parmesan - 15	50	15	1.5	1		5	70	7		0	4
Garlic Parmesan - 25	80	20	2.5	1.5		10	105	11	1	0	5
Garlic Parmesan - 50	130	35	4	2.5		15	180	18	2	1	9
Key West - 5	30	0	0				920	7		4	0
Key West - 10	30	0	0				920	7		4	0
Key West - 15	60	0	0				1830	13	2	8	1
Key West - 25	90	0	0				2750	20	3	13	1
Key West - 50	140	5	0.5				4580	33	5	21	2
Lemon Pepper - 5	20	0	0				4620	4		1	1
Lemon Pepper - 10	20	0	0				4620	4		1	1
Lemon Pepper - 15	40	0	0				9240	8	1	3	1
Lemon Pepper - 25	60	0	0.5				13860	12	2	4	2
Lemon Pepper - 50	100	10	1				23100	20	4	7	3

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DRY RUB	*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)*
Old Bay® - 5							1680				
Old Bay® - 10							1680				
Old Bay® - 15							3850				
Old Bay® - 25							5040				
Old Bay® - 50							8400				
Raging Ranch™ - 5	10						2480	2		0	0
Raging Ranch™ - 10	10						2480	2		0	0
Raging Ranch™ - 15	20						4950	4	1	0	1
Raging Ranch™ - 25	30						7430	6	2	1	1
Raging Ranch™ - 50	50						12380	10	3	1	2
Santa Fe - 5	30	0	0	0			1520	5	2	1	1
Santa Fe - 10	30	0	0	0			1520	5	2	1	1
Santa Fe - 15	60	5	0.5	0			3030	10	3	2	2
Santa Fe - 25	80	10	1	0			4550	15	5	3	3
Santa Fe - 50	140	15	2	0			7580	25	8	6	5
Tajin® - 5	25						2220				
Tajin® - 10	25						2220				
Tajin® - 15	50						4440				
Tajin® - 25	70						6660				
Tajin® - 50	120						11100				

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DIPPING SAUCES	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)
ECW+G Bleu Cheese™	580	550	62	9		60	750	2		2	2
Lava Bleu	520	490	56	8		50	1090	2		1	2
Lava Ranch®	340	330	37	5		35	1160	4		4	0
Honey Mustard	640	580	64	9		60	540	12		12	
ECW+G Signature Ranch™	580	550	63	9		60	880	2		2	1

SANDWICHES + WRAPS (No Sides)	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)
Buffalo Chicken Lettuce Wraps with Lava Ranch - Mild	450	260	30	5		95	1540	16	6	7	33
Buffalo Chicken Lettuce Wraps with Lava Ranch - Medium	380	210	24	4		95	1660	11	5	5	32
Buffalo Chicken Lettuce Wraps with Lava Ranch - Hot	330	170	19	3		95	1780	11	5	5	32
Buffalo Chicken Lettuce Wraps with Lava Ranch - X-Hot	290	120	14	2		95	1900	11	5	5	32
Chicken Avocado Sandwich	1140	630	71	20		200	2590	58	6	6	67
Chicken Caesar Wrap	860	260	29	9		110	2520	97	5	4	53
Chicken Philly	870	420	47	15		130	2290	60	3	4	53
ECW+G Buffalo Chicken Sandwich™ (Breaded) - Mild	1550	1080	122	22		110	2880	67	4	3	44
ECW+G Buffalo Chicken Sandwich™ (Breaded) - Medium	1450	980	110	20		110	3150	67	4	3	44
ECW+G Buffalo Chicken Sandwich™ (Breaded) - Hot	1350	880	99	18		110	3420	67	4	4	44
ECW+G Buffalo Chicken Sandwich™ (Breaded) - X-Hot	1260	790	89	16		110	3670	68	4	4	44
ECW+G Buffalo Chicken Wrap™ (Grilled) - Mild	940	550	62	15		110	2450	51	2	3	42
ECW+G Buffalo Chicken Wrap™ (Grilled) - Medium	840	450	51	13		110	2710	51	2	3	42
ECW+G Buffalo Chicken Wrap™ (Grilled) - Hot	750	360	41	11		110	2960	51	2	3	42
ECW+G Buffalo Chicken Wrap™ (Grilled) - X-Hot	660	270	31	9		110	3200	52	2	3	42

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SANDWICHES + WRAPS (No Sides)	*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)*
Southwestern Chicken Wrap	860	330	37	16		165	4440	67	3	11	59
Steak Philly	1080	590	67	24		135	1960	64	3	4	54
The Original Chicken Sandwich	820	450	51	8		125	2030	42	2	1	45
Veggie Wrap	620	270	31	12		55	2140	66	6	11	20

TACOS + QUESADILLAS (No Sides)	*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)*
Bacon Cheeseburger Quesadilla	1210	680	77	42	1	265	3330	83	2	6	65
Bang Bang Shrimp Tacos	790	440	50	14		255	1100	43	3	8	40
Chicken Quesadilla	1020	500	56	30		220	2630	61	2	8	63
Chipotle Beef Tacos	690	350	39	14	1	110	2640	48	3	11	33
Hot Honey Chicken Tacos	920	480	55	13		135	3200	62	4	25	43
Santa Fe Quesadilla - Mild	1130	590	67	32		225	3410	63	3	10	61
Santa Fe Quesadilla - Medium	1090	550	62	31		225	3540	63	3	10	61
Santa Fe Quesadilla - Hot	1040	500	57	30		225	3660	63	3	11	61
Santa Fe Quesadilla - X-Hot	990	460	52	29		225	3780	63	3	11	61

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BURGERS (No Sides)	*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)*
Bacon Cheddar Burger	1170	750	85	28	2	250	1260	31	2	3	67
Classic Cheeseburger	990	660	75	18	2	160	770	29	2	2	46
Cowboy Burger	2020	1170	133	44	3.5	385	3700	89	3	43	113
Mac + Cheeseburger	2020	1320	150	48	4	390	2720	60	4	6	111
Add American Cheese	50	40	4.5	3.0		10	250	7			3
Add Bleu Cheese	50	35	4.0	2.5		10	200				3
Add Cheddar Cheese	60	40	4.5	2.5		15	90				4
Add Mozzarella Cheese	45	30	3.5	2.5		10	95	1			3
Add Pepper Jack Cheese	50	35	4.0	2.5		15	200	1			3
Add Provolone Cheese	50	35	4.0	2.5		10	125	1			4

SALADS	*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)*
Chicken Caesar Salad with Caesar Dressing	690	300	37	7		120	4440	61	6	17	43
Cobb Salad with Grilled Chicken (No Dressing)	920	550	62	17		355	1730	39	17	7	58
ECW+G Buffalo Chicken Salad™ (Grilled) - Mild	830	540	61	18		150	2320	24	4	6	49
ECW+G Buffalo Chicken Salad™ (Grilled) - Medium	730	440	50	16		150	2580	24	4	7	49
ECW+G Buffalo Chicken Salad™ (Grilled) - Hot	640	350	40	14		150	2820	24	4	7	49
ECW+G Buffalo Chicken Salad™ (Grilled) - X-Hot	550	260	30	12		150	3070	25	4	7	49
Garden Salad (No Dressing)	390	220	25	11		65	780	23	4	6	19
Southwestern Chicken Salad	1400	900	101	29		225	3630	58	11	11	62

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SALAD DRESSINGS	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)
Balsamic Vinaigrette	200	120	14	2	0		760	20		16	
Caesar	290	220	25	4.5		30	1010	21		15	3
ECW+G Bleu Cheese™	580	550	62	9		60	750	2		2	2
Lava Bleu	520	490	56	8		50	1090	2		1	2
Lava Ranch®	340	330	37	5		35	1160	4		4	0
Honey Mustard	640	80	65			60	54	12		12	
ECW+G Signature Ranch™	580	550	63	9		60	880	2		2	1
Thousand Island	610	480	54	7		50	1280	29	2	25	0

SIDES	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)
Buffalo Mac + Cheese	420	270	31	17	0.5	65	1090	20	2	1	15
French Fries	700	340	38	8	0		1350	83	8	1	7
Freshly Sliced Potato Chips	730	410	46	10	0		410	71	5	1	8
Mac + Cheese	370	230	26	16	0.5	65	850	20	2	1	15
Onion Rings	890	630	71	10		45	1290	58	2	5	6
Side Caesar Salad	330	210	24	8		40	1220	19	2	3	13
Side Salad (No Dressing)	500	300	34	12		75	1130	28	3	3	21
Sweet Potato Fries	940	530	60	14		40	540	91	3	42	5
Tater Tots	950	590	67	9	0		2610	86	5	26	4
Texas Toast	230	110	12	2			340	24	1	2	4
Tortilla Chips	310	170	19	2.5			630	27	4	1	4
Veggie Medley	260	200	22	4			630	12	5	5	2

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BEVERAGES	*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)*
Diet Pepsi	0						60				
Dr. Pepper	250						100	66		64	
Fruit Punch	280						65	75		75	
Iced Tea	5						20	2			
Lemonade	250						260	67		67	
Mountain Dew	270						85	72		72	
Pepsi	250						50	70		70	
Starry	240						55	65		65	
Sweet Tea	140						20	37		35	
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	

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DESSERTS	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)
Carnival Fries® with Caramel Sauce	870	340	38	6		50	710	122		49	5
Carnival Fries® with Chocolate Sauce	850	350	40	6		50	570	120	2	47	7
Carnival Fries® with Raspberry Sauce	870	340	38	6		50	540	122	2	53	5
Mini Cookie Skillet	790	300	34	17		70	370	118	4	69	9
Scoop of Vanilla Ice Cream	250	120	13	7		50	75	31		21	4
Scoop of Vanilla Ice Cream with Caramel Sauce	360	120	13	7		50	170	57		33	4
Scoop of Vanilla Ice Cream with Chocolate Sauce	360	130	15	8		50	135	56		33	5
Scoop of Vanilla Ice Cream with Raspberry Sauce	360	120	13	7		50	85	57	1	35	4
The Original Cookie Skillet™	1390	530	60	30		125	640	210	7	122	16

Kids (No Sides)	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)
Bone-In Wings (4 Wings, No Sauce, Flavor, Or Heat Level)	310	210	24	5		65	60				20
Boneless Wings (4 Wings, No Sauce, Flavor, Or Heat Level)	250	120	14	3	0	40	560	16			15
Burger with Cheese	690	390	45	14	1	85	1190	47	2	2	30
Crispy Chicken Tenders (2 Tenders, No Sauce, Flavor, Or Heat Level)	230	45	5	1.5		120	210	0			43
Grilled Cheese	600	330	37	12		30	1370	66	2	4	16
Mac + Cheese	260	150	17	11	0.5	40	570	17	2	1	8
Mini Corn Dogs (5 Each)	350	210	23	4		40	460	22	1	5	9
Quesadilla	800	460	52	32		165	1420	46	1	9	32
Add Applesauce	50						10	12	2	8	
Add Celery And Carrots with Ranch Dressing	310	280	31	4.5		30	480	4	1	3	1
Add French Fries	180	80	10	2			340	21	2	0	2
Add Fruit Cup	80						5	19	1	18	

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Kids Drinks	*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)*
Diet Pepsi							40				
Dr. Pepper	150						60	40		38	
Fruit Punch	170						40	45		45	
Iced Tea	0						10	1			
Lemonade	150						160	40		40	
Mountain Dew	170						55	44		44	
Pepsi	150						30	42		42	
Starry	140						35	39		39	
Sweet Tea	90						10	23		22	

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Cocktails	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)
Blood Orange Martini	240		0	0	0	0	2	27	0	26	0.3
Hurricane Party	205		0	0	0	0	3	22	0.1	20	0.3
Mai oh My!	249		0	0	0	0	5	27	0.3	26	0.4
Midnight Shine	171		0	0	0	0	15	15	0	15	0

Margaritas	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)
ECW+G Margarita	235		0	0	0	0	358	31	0	30	0
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	
Spicy Margarita	248		0	0	0	0	175	34	2	33	0

Zero-Proof Drinks	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)
Berry Good	162		0	0	0	0	27	41	0	39	0
Cool as a Cucumber	69		0	0	0	0	17	17	0.2	16	0
Starfruit Sunrise	138		0	0	0	0	23	35	0	34	0

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APPETIZERS	*Eggs*	*Fish*	*Milk*	*Peanuts*	*Shellfish*	*Soy*	*Tree Nuts*	*Wheat*	*Gluten*
Buffalo Chicken Dip (No Hot Sauce)		x	x			x		x	x
Classic Nachos with beef			x						
Classic Nachos with chicken	x		x			x		x	x
Fiesta Corn R'bz™	x		x			x		x	x
Fried Pickle Chips w/Lava Ranch	x	x	x			x		x	x
Loaded Chips Tray			x						
Loaded Fries Tray			x					x	x
Loaded Tots Tray	x		x						
Mozzarella Stix with Marinara Sauce	x		x			x		x	x
Pub Bites™ with Bourbon Honey Mustard	x					x		x	x
Pub Bites™ with Craft Beer Cheese Sauce			x			x		x	x
Southwest Egg Rolls	x		x			x		x	x
Tray of Fresh Sliced Potato Chips									
Tray of Fries								x	x
Tray of Tots									

BUFFALO	*Eggs*	*Fish*	*Milk*	*Peanuts*	*Shellfish*	*Soy*	*Tree Nuts*	*Wheat*	*Gluten*
Bone-In Wings (No heat level, flavor or sauce)									
Boneless Wings (No heat level, flavor or sauce)	x		x			x		x	x
Buffalo Mix (No heat level, flavor or sauce)	x		x			x		x	x
Buffalo Chicken Tenders - Breaded (with heat level)	x	x	x			x		x	x
Buffalo Chicken Tenders - Grilled (with heat level)		x				x			
Buffalo Shrimp (with heat level and texas toast)		x	x		x	x		x	x

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

SAVORY	*Eggs*	*Fish*	*Milk*	*Peanuts*	*Shellfish*	*Soy*	*Tree Nuts*	*Wheat*	*Gluten*
Bacon Ranch	X		X						
Bang Bang	X								
Black n Bleu	X		X			X			
Cajun Ranch	X		X						
Carolina Ranch	X		X						
Grand Cayman™	X		X			X			
Hey Mon Honey™						X		X	X
Honey Garlic - 25						X		X	X
Martinique™ - 50	X					X			
Outwest Ranch - 50	X		X						

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FUSION	*Eggs*	*Fish*	*Milk*	*Peanuts*	*Shellfish*	*Soy*	*Tree Nuts*	*Wheat*	*Gluten*
General Tso's						X		X	X
Kamikaze™						X		X	X
Mango Bango™	X					X			
Maui	X					X		X	X
Polynesian		X				X		X	X
Teri-Ginger						X		X	X
Teri-Ginger Garlic						X		X	X

SWEET + SPICY	*Eggs*	*Fish*	*Milk*	*Peanuts*	*Shellfish*	*Soy*	*Tree Nuts*	*Wheat*	*Gluten*
Chili Thai									
Chipotle									
Chipotle HBBQ		X							
Hot Honey						X		X	X
Korean BBQ						X		X	X
Mango Habanero						X		X	X
Spicy Peach									

BBQ FAVORITES	*Eggs*	*Fish*	*Milk*	*Peanuts*	*Shellfish*	*Soy*	*Tree Nuts*	*Wheat*	*Gluten*
Drunken Apple™									
Golden BBQ™	X								
Harvest Apple™									
Honey BBQ		X							
Spiked Honey BBQ		X							
Sweet + Bold BBQ									
Sweet BBQ									

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AMERICAN CLASSICS	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat	Gluten
Bourbon Honey Mustard	X					X		X	X
Bourbon Street						X		X	X
Honey Mustard	X								
Kentucky Bourbon	X		X			X		X	X
Spiked Bourbon Street™						X		X	X

DRY RUB	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat	Gluten
Cajun						X			
Cajun Garlic						X			
Caribbean						X			
Garlic Parmesan			X			X			
Key West						X			
Lemon Pepper						X			
Old Bay®						X			
Raging Ranch™			X			X			
Santa Fe						X			
Tajin®									

DIPPING SAUCES	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat	Gluten
ECW+G Bleu Cheese™	X		X			X			
Lava Bleu	X	X	X			X			
Lava Ranch®	X	X	X			X			
Honey Mustard	X								
ECW+G Signature Ranch™	X		X						

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SANDWICHES + WRAPS (No Sides)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat	Gluten
Buffalo Chicken Lettuce Wraps with Lava Ranch (with heat level)	x	x	x			x			
Chicken Avocado Sandwich	x		x			x		x	x
Chicken Caesar Wrap	x	x	x			x		x	x
Chicken Philly			x			x		x	x
ECW+G Buffalo Chicken Sandwich™ - Breaded (with heat level)	x	x	x			x		x	x
ECW+G Buffalo Chicken Wrap™ - Grilled (with heat level)	x	x	x			x		x	x
Southwestern Chicken Wrap	x	x	x			x		x	x
Steak Philly			x					x	x
The Original Chicken Sandwich	x		x			x		x	x
Veggie Wrap	x	x	x			x		x	x

TACOS + QUESADILLAS (No Sides)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat	Gluten
Bacon Cheeseburger Quesadilla			x			x		x	x
Bang Bang Shrimp Tacos	x		x		x	x		x	x
Chicken Quesadilla			x			x		x	x
Chipotle Beef Tacos	x		x					x	x
Hot Honey Chicken Tacos	x		x			x		x	x
Santa Fe Quesadilla (with heat level)		x	x			x		x	x

BURGERS (No Sides)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat	Gluten
Bacon Cheddar Burger	x		x					x	x
Classic Cheeseburger	x		x			x		x	x
Cowboy Burger	x		x			x		x	x
Mac + Cheeseburger	x		x			x		x	x

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SALADS	*Eggs*	*Fish*	*Milk*	*Peanuts*	*Shellfish*	*Soy*	*Tree Nuts*	*Wheat*	*Gluten*
Chicken Caesar Salad with Caesar Dressing	X	X	X			X		X	X
Cobb Salad with Grilled Chicken (No Dressing)	X		X			X		X	X
ECW+G Buffalo Chicken Salad™ Grilled (with heat level)		X	X			X		X	X
Garden Salad (No Dressing)			X					X	X
Southwestern Chicken Salad	X	X	X			X			

SALAD DRESSINGS	*Eggs*	*Fish*	*Milk*	*Peanuts*	*Shellfish*	*Soy*	*Tree Nuts*	*Wheat*	*Gluten*
Balsamic Vinaigrette									
Caesar	X	X	X						
ECW+G Bleu Cheese™	X		X			X			
Lava Bleu	X	X	X			X			
Lava Ranch®	X	X	X			X			
Honey Mustard	X								
ECW+G Signature Ranch™	X		X						
Thousand Island	X								

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SIDES	*Eggs*	*Fish*	*Milk*	*Peanuts*	*Shellfish*	*Soy*	*Tree Nuts*	*Wheat*	*Gluten*
Buffalo Mac + Cheese	X	X	X			X		X	X
French Fries								X	X
Freshly Sliced Potato Chips									
Mac + Cheese	X		X					X	X
Onion Rings	X		X					X	X
Side Caesar Salad	X	X	X			X		X	X
Side House Salad (No Dressing)			X					X	X
Sweet Potato Fries			X						
Tater Tots									
Tortilla Chips									
Veggie Medley						X			

DESSERTS	*Eggs*	*Fish*	*Milk*	*Peanuts*	*Shellfish*	*Soy*	*Tree Nuts*	*Wheat*	*Gluten*
Carnival Fries® with Caramel Sauce	X		X			X		X	X
Carnival Fries® with Chocolate Sauce	X		X			X		X	X
Carnival Fries® with Raspberry Sauce	X		X			X		X	X
Mini Cookie Skillet	X		X			X		X	X
Scoop of Vanilla Ice Cream			X						
Scoop of Vanilla Ice Cream with Caramel Sauce			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	X

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Kids (No Sides)	*Eggs*	*Fish*	*Milk*	*Peanuts*	*Shellfish*	*Soy*	*Tree Nuts*	*Wheat*	*Gluten*
Bone-In Wings (No Sauce, Flavor, Or Heat Level)									
Boneless Wings (No Sauce, Flavor, Or Heat Level)	x		x			x		x	x
Burger with Cheese			x			x		x	x
Crispy Chicken Tenders (No Sauce, Flavor, Or Heat Level)	x		x			x		x	x
Grilled Cheese			x			x		x	x
Mac + Cheese	x		x					x	x
Mini Corn Dogs	x		x			x		x	x
Quesadilla			x			x		x	x
Add Applesauce									
Add Celery And Carrots with Ranch Dressing	x		x						
Add Fruit Cup									

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