



NUTRITIONAL INFORMATION

- 2 ZALADS**
- 7 DRESSING**
- 8 SANDWICH MEALS & SANDWICHES**
- 14 MOST POPULAR**
- 20 SIGNATURE SAUCES**
- 22 WINGS & FINGERS**
- 29 ZAPPETIZERS**
- 30 SIDES**
- 32 DESSERT**
- 33 KIDZ MEALS**
- 34 DRINKS**
- 40 ALLERGEN AND SENSITIVITES GUIDE**

Zaxby's® Guests: All ingredient and allergen information was obtained from product vendors. Zaxby's cannot guarantee our foods are 100% allergen free. We use shared equipment during food preparation which could result in the cross-contact of allergens. Additionally, Zaxby's suppliers may use ingredients in their manufacturing facilities where trace amounts of allergens could come in contact with Zaxby's ingredients, or any product formula could be changed without prior notice to Zaxby's. We encourage anyone with food sensitivities, allergies, or special dietary needs to consult with their physician before consuming any of our foods. For information regarding the presence of allergens in our foods, please visit <https://www.zaxbys.com/zaxbys-allergen-guide>. Zaxby's foods are fried in a blend of fully refined canola and soybean oils. The FDA does not consider these highly refined oils as allergens; therefore, they are not included here. If you have questions or concerns, please consult your physician before consuming these foods. Revised 1/25/2018.



ZALADS

NUTRITIONAL INFORMATION FOR SALADS DOES NOT INCLUDE DRESSING. PLEASE REFER TO THE DRESSING SECTION.

	SERVING SIZE (G)	CALORIES	TOTAL FAT (G)	SAT FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATE (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
THE GRILLED HOUSE ZALAD											
Salad Base	142.00	25.00	0.00	0.00	0.00	0.00	55.00	4.00	2.00	2.00	2.00
Cucumbers	42.00	0.00	0.00	0.00	0.00	0.00	0.00	1.00	0.00	1.00	0.00
Roma Tomatoes	41.00	5.00	0.00	0.00	0.00	0.00	10.00	1.00	1.00	1.00	0.00
Cheddar/Jack Cheese	35.00	140.00	11.00	7.00	0.00	30.00	210.00	1.00	0.00	0.00	7.00
Fried Onions	13.00	80.00	6.00	3.00	0.00	0.00	130.00	5.00	0.00	0.00	1.00
Grilled Fillet	142.00	160.00	3.50	1.00	0.00	85.00	870.00	2.00	0.00	1.00	31.00
Texas Toast	41.00	150.00	7.00	1.50	1.50	0.00	350.00	19.00	1.00	1.00	4.00
TOTALS		560.00	28.00	13.00	2.00	115.00	1630.00	33.00	4.00	6.00	45.00
THE FRIED HOUSE ZALAD											
Salad Base	142.00	25.00	0.00	0.00	0.00	0.00	55.00	4.00	2.00	2.00	2.00
Cucumbers	42.00	0.00	0.00	0.00	0.00	0.00	0.00	1.00	0.00	1.00	0.00
Roma Tomatoes	41.00	5.00	0.00	0.00	0.00	0.00	10.00	1.00	1.00	1.00	0.00
Cheddar/Jack Cheese	35.00	140.00	11.00	7.00	0.00	30.00	210.00	1.00	0.00	0.00	7.00
Fried Onions	13.00	80.00	6.00	3.00	0.00	0.00	130.00	5.00	0.00	0.00	1.00
Chicken Fingers	137.00	300.00	14.00	1.50	0.00	95.00	1020.00	10.00	2.00	0.00	34.00
Texas Toast	41.00	150.00	7.00	1.50	1.50	0.00	350.00	19.00	1.00	1.00	4.00
TOTALS		700.00	38.00	13.00	2.00	125.00	1780.00	41.00	6.00	5.00	48.00
THE GARDEN HOUSE ZALAD											
Salad Base	142.00	25.00	0.00	0.00	0.00	0.00	55.00	4.00	2.00	2.00	2.00
Cucumbers	42.00	0.00	0.00	0.00	0.00	0.00	0.00	1.00	0.00	1.00	0.00
Roma Tomatoes	41.00	5.00	0.00	0.00	0.00	0.00	10.00	1.00	1.00	1.00	0.00
Cheddar/Jack Cheese	35.00	140.00	11.00	7.00	0.00	30.00	210.00	1.00	0.00	0.00	7.00
Fried Onions	13.00	80.00	6.00	3.00	0.00	0.00	130.00	5.00	0.00	0.00	1.00
Texas Toast	41.00	150.00	7.00	1.50	1.50	0.00	350.00	19.00	1.00	1.00	4.00
TOTALS		400.00	24.00	12.00	2.00	30.00	760.00	31.00	4.00	5.00	14.00



ZALADS

NUTRITIONAL INFORMATION FOR SALADS DOES NOT INCLUDE DRESSING. PLEASE REFER TO THE DRESSING SECTION.

	SERVING SIZE (G)	CALORIES	TOTAL FAT (G)	SAT FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATE (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
THE GRILLED COBB ZALAD											
Salad Base	142.00	25.00	0.00	0.00	0.00	0.00	55.00	4.00	2.00	2.00	2.00
Cucumbers	42.00	0.00	0.00	0.00	0.00	0.00	0.00	1.00	0.00	1.00	0.00
Roma Tomatoes	41.00	5.00	0.00	0.00	0.00	0.00	10.00	1.00	1.00	1.00	0.00
Cheddar/Jack Cheese	35.00	140.00	11.00	7.00	0.00	30.00	210.00	1.00	0.00	0.00	7.00
Fried Onions	13.00	80.00	6.00	3.00	0.00	0.00	130.00	5.00	0.00	0.00	1.00
Bacon	5.00	25.00	1.50	0.50	0.00	5.00	120.00	0.00	0.00	0.00	3.00
Hard-Boiled Egg	47.00	90.00	6.00	2.00	0.00	240.00	70.00	1.00	0.00	1.00	7.00
Grilled Fillet	142.00	160.00	3.50	1.00	0.00	85.00	870.00	2.00	0.00	1.00	31.00
Texas Toast	41.00	150.00	7.00	1.50	1.50	0.00	350.00	19.00	1.00	1.00	4.00
TOTALS		680.00	35.00	15.00	2.00	360.00	1820.00	34.00	4.00	7.00	55.00
THE FRIED COBB ZALAD											
Salad Base	142.00	25.00	0.00	0.00	0.00	0.00	55.00	4.00	2.00	2.00	2.00
Cucumbers	42.00	0.00	0.00	0.00	0.00	0.00	0.00	1.00	0.00	1.00	0.00
Roma Tomatoes	41.00	5.00	0.00	0.00	0.00	0.00	10.00	1.00	1.00	1.00	0.00
Cheddar/Jack Cheese	35.00	140.00	11.00	7.00	0.00	30.00	210.00	1.00	0.00	0.00	7.00
Fried Onions	13.00	80.00	6.00	3.00	0.00	0.00	130.00	5.00	0.00	0.00	1.00
Bacon	5.00	25.00	1.50	0.50	0.00	5.00	120.00	0.00	0.00	0.00	3.00
Hard-Boiled Egg	47.00	90.00	6.00	2.00	0.00	240.00	70.00	1.00	0.00	1.00	7.00
Chicken Fingers	137.00	300.00	14.00	1.50	0.00	95.00	1020.00	10.00	2.00	0.00	34.00
Texas Toast	41.00	150.00	7.00	1.50	1.50	0.00	350.00	19.00	1.00	1.00	4.00
TOTALS		820.00	46.00	16.00	2.00	370.00	1970.00	42.00	6.00	6.00	58.00



ZALADS

NUTRITIONAL INFORMATION FOR SALADS DOES NOT INCLUDE DRESSING. PLEASE REFER TO THE DRESSING SECTION.

	SERVING SIZE (G)	CALORIES	TOTAL FAT (G)	SAT FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATE (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
THE GARDEN COBB ZALAD											
Salad Base	142.00	25.00	0.00	0.00	0.00	0.00	55.00	4.00	2.00	2.00	2.00
Cucumbers	42.00	0.00	0.00	0.00	0.00	0.00	0.00	1.00	0.00	1.00	0.00
Roma Tomatoes	41.00	5.00	0.00	0.00	0.00	0.00	10.00	1.00	1.00	1.00	0.00
Cheddar/Jack Cheese	35.00	140.00	11.00	7.00	0.00	30.00	210.00	1.00	0.00	0.00	7.00
Fried Onions	13.00	80.00	6.00	3.00	0.00	0.00	130.00	5.00	0.00	0.00	1.00
Bacon	5.00	25.00	1.50	0.50	0.00	5.00	120.00	0.00	0.00	0.00	3.00
Hard-Boiled Egg	47.00	90.00	6.00	2.00	0.00	240.00	70.00	1.00	0.00	1.00	7.00
Texas Toast	41.00	150.00	7.00	1.50	1.50	0.00	350.00	19.00	1.00	1.00	4.00
TOTALS		520.00	32.00	14.00	2.00	275.00	950.00	32.00	4.00	6.00	24.00
THE GRILLED CAESAR ZALAD											
Caesar Base	142.00	25.00	0.00	0.00	0.00	0.00	15.00	4.00	2.00	2.00	2.00
Bacon	11.00	50.00	3.00	1.00	0.00	15.00	240.00	0.00	0.00	0.00	6.00
Grilled Fillet	142.00	160.00	3.50	1.00	0.00	85.00	870.00	2.00	0.00	1.00	31.00
Parmesan Cheese	23.00	90.00	6.00	4.00	0.00	20.00	230.00	1.00	0.00	0.00	7.00
Croutons	28.00	110.00	3.00	1.00	1.00	0.00	240.00	18.00	1.00	2.00	3.00
TOTALS		440.00	16.00	7.00	1.00	120.00	1600.00	25.00	3.00	5.00	49.00
THE FRIED CAESAR ZALAD											
Caesar Base	142.00	25.00	0.00	0.00	0.00	0.00	15.00	4.00	2.00	2.00	2.00
Bacon	11.00	50.00	3.00	1.00	0.00	15.00	240.00	0.00	0.00	0.00	6.00
Chicken Fingers	137.00	300.00	14.00	1.50	0.00	95.00	1020.00	10.00	2.00	0.00	34.00
Parmesan Cheese	23.00	90.00	6.00	4.00	0.00	20.00	230.00	1.00	0.00	0.00	7.00
Croutons	28.00	110.00	3.00	1.00	1.00	0.00	240.00	18.00	1.00	2.00	3.00
TOTALS		580.00	26.00	8.00	1.00	130.00	1750.00	33.00	5.00	4.00	52.00



ZALADS

NUTRITIONAL INFORMATION FOR SALADS DOES NOT INCLUDE DRESSING. PLEASE REFER TO THE DRESSING SECTION.

	SERVING SIZE (G)	CALORIES	TOTAL FAT (G)	SAT FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATE (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
THE GARDEN CAESAR ZALAD											
Caesar Base	142.00	25.00	0.00	0.00	0.00	0.00	15.00	4.00	2.00	2.00	2.00
Bacon	11.00	50.00	3.00	1.00	0.00	15.00	240.00	0.00	0.00	0.00	6.00
Parmesan Cheese	23.00	90.00	6.00	4.00	0.00	20.00	230.00	1.00	0.00	0.00	7.00
Croutons	28.00	110.00	3.00	1.00	1.00	0.00	240.00	18.00	1.00	2.00	3.00
TOTALS		280.00	12.00	6.00	1.00	35.00	730.00	23.00	3.00	4.00	18.00
THE BLACKENED BLUE ZALAD											
Salad Base	142.00	25.00	0.00	0.00	0.00	0.00	55.00	4.00	2.00	2.00	2.00
Roma Tomatoes	41.00	5.00	0.00	0.00	0.00	0.00	10.00	1.00	1.00	1.00	0.00
Blue Cheese	32.00	110.00	10.00	6.00	0.00	30.00	290.00	1.00	1.00	0.00	6.00
Fried Onions	13.00	80.00	6.00	3.00	0.00	0.00	130.00	5.00	0.00	0.00	1.00
Blackened Grilled Fillet	142.00	170.00	3.50	1.00	0.00	85.00	1000.00	2.00	0.00	0.00	32.00
Texas Toast	41.00	150.00	7.00	1.50	1.50	0.00	350.00	19.00	1.00	1.00	4.00
TOALS		540.00	27.00	12.00	2.00	115.00	1840.00	32.00	5.00	4.00	45.00
THE BUFFALO BLUE ZALAD											
Salad Base	142.00	25.00	0.00	0.00	0.00	0.00	55.00	4.00	2.00	2.00	2.00
Roma Tomatoes	41.00	5.00	0.00	0.00	0.00	0.00	10.00	1.00	1.00	1.00	0.00
Blue Cheese	32.00	110.00	10.00	6.00	0.00	30.00	290.00	1.00	1.00	0.00	6.00
Fried Onions	13.00	80.00	6.00	3.00	0.00	0.00	130.00	5.00	0.00	0.00	1.00
Chicken Fingers	137.00	300.00	14.00	1.50	0.00	95.00	1020.00	10.00	2.00	0.00	34.00
Tongue Torch	27.00	15.00	0.00	0.00	0.00	0.00	470.00	3.00	0.00	2.00	0.00
Texas Toast	41.00	150.00	7.00	1.50	1.50	0.00	350.00	19.00	1.00	1.00	4.00
TOTALS		690.00	37.00	12.00	2.00	125.00	2330.00	43.00	7.00	6.00	47.00



ZALADS

NUTRITIONAL INFORMATION FOR SALADS DOES NOT INCLUDE DRESSING. PLEASE REFER TO THE DRESSING SECTION.

	SERVING SIZE (G)	CALORIES	TOTAL FAT (G)	SAT FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATE (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
THE GARDEN BLUE ZALAD											
Salad Base	142.00	25.00	0.00	0.00	0.00	0.00	55.00	4.00	2.00	2.00	2.00
Roma Tomatoes	41.00	5.00	0.00	0.00	0.00	0.00	10.00	1.00	1.00	1.00	0.00
Blue Cheese	32.00	110.00	10.00	6.00	0.00	30.00	290.00	1.00	1.00	0.00	6.00
Fried Onions	13.00	80.00	6.00	3.00	0.00	0.00	130.00	5.00	0.00	0.00	1.00
Texas Toast	41.00	150.00	7.00	1.50	1.50	0.00	350.00	19.00	1.00	1.00	4.00
TOTALS		370.00	23.00	11.00	2.00	30.00	840.00	30.00	5.00	4.00	13.00

2,000 calories a day is used for general nutrition advice, but calorie needs vary.



DRESSING

NUTRITIONAL INFORMATION SHOWN IS FOR EACH DRESSING PACKET.

	SERVING SIZE (G)	CALORIES	TOTAL FAT (G)	SAT FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATE (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
RANCH	35.00	160.00	16.00	2.50	0.00	15.00	290.00	2.00	0.00	1.00	1.00
BLUE CHEESE	35.00	180.00	19.00	3.50	0.00	20.00	350.00	2.00	0.00	2.00	1.00
HONEY FRENCH	35.00	150.00	12.00	2.00	0.00	0.00	320.00	9.00	0.00	8.00	0.00
HONEY MUSTARD	35.00	150.00	13.00	2.00	0.00	20.00	230.00	6.00	0.00	5.00	0.00
MEDITERRANEAN	35.00	140.00	14.00	2.00	0.00	0.00	590.00	4.00	1.00	3.00	0.00
LITE RANCH	35.00	90.00	8.00	1.50	0.00	15.00	390.00	3.00	0.00	1.00	1.00
CAESAR	35.00	90.00	8.00	2.00	0.00	10.00	440.00	2.00	0.00	1.00	2.00
1000 ISLAND	35.00	230.00	24.00	3.50	0.00	25.00	180.00	3.00	0.00	3.00	0.00
LITE VINAIGRETTE	35.00	35.00	0.00	0.00	0.00	0.00	320.00	8.00	0.00	7.00	0.00

2,000 calories a day is used for general nutrition advice, but calorie needs vary.



SANDWICH MEALS & SANDWICHES

NUTRITIONAL INFORMATION FOR MEALS DOES NOT INCLUDE DRINKS.
PLEASE REFER TO THE DRINK SECTION.

	SERVING SIZE (G)	CALORIES	TOTAL FAT (G)	SAT FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATE (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
KICKIN' CHICKEN SANDWICH MEAL											
Texas Toast	83.00	310.00	14.00	3.50	3.50	0.00	700.00	38.00	2.00	3.00	7.00
Chicken Fingers	137.00	300.00	14.00	1.50	0.00	95.00	1020.00	10.00	2.00	0.00	34.00
Tongue Torch Sauce	32.00	20.00	0.00	0.00	0.00	0.00	570.00	3.00	0.00	2.00	0.00
Ranch Sauce	28.00	130.00	13.00	2.00	0.00	10.00	230.00	1.00	0.00	0.00	1.00
Crinkle Fries	142.00	370.00	16.00	2.00	0.00	0.00	270.00	50.00	5.00	0.00	4.00
TOTALS		1130.00	57.00	9.00	3.50	105.00	2790.00	102.00	9.00	5.00	46.00
KICKIN' CHICKEN SANDWICH											
Texas Toast	83.00	310.00	14.00	3.50	3.50	0.00	700.00	38.00	2.00	3.00	7.00
Chicken Fingers	137.00	300.00	14.00	1.50	0.00	95.00	1020.00	10.00	2.00	0.00	34.00
Tongue Torch Sauce	32.00	20.00	0.00	0.00	0.00	0.00	570.00	3.00	0.00	2.00	0.00
Ranch Sauce	28.00	130.00	13.00	2.00	0.00	10.00	230.00	1.00	0.00	0.00	1.00
TOTALS		760.00	41.00	7.00	3.50	105.00	2520.00	52.00	4.00	5.00	42.00
CHICKEN FINGER SANDWICH MEAL											
Brioche Bun	74.00	260.00	9.00	2.00	2.00	0.00	450.00	37.00	1.00	9.00	7.00
Zax Sauce	61.00	260.00	25.00	4.00	0.00	20.00	880.00	8.00	1.00	3.00	1.00
Iceberg Lettuce	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
6 x 6 Tomatoes	35.00	0.00	0.00	0.00	0.00	0.00	0.00	1.00	0.00	1.00	0.00
Chicken Fingers	137.00	300.00	14.00	1.50	0.00	95.00	1020.00	10.00	2.00	0.00	34.00
Crinkle Fries	142.00	370.00	16.00	2.00	0.00	0.00	270.00	50.00	5.00	0.00	4.00
TOTALS		1190.00	64.00	10.00	2.00	115.00	2620.00	106.00	9.00	12.00	46.00



SANDWICH MEALS & SANDWICHES

NUTRITIONAL INFORMATION FOR MEALS DOES NOT INCLUDE DRINKS.
PLEASE REFER TO THE DRINK SECTION.

	SERVING SIZE (G)	CALORIES	TOTAL FAT (G)	SAT FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATE (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
CHICKEN FINGER SANDWICH											
Brioche Bun	74.00	260.00	9.00	2.00	2.00	0.00	450.00	37.00	1.00	9.00	7.00
Zax Sauce	61.00	260.00	25.00	4.00	0.00	20.00	880.00	8.00	1.00	3.00	1.00
Iceberg Lettuce	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
6 x 6 Tomatoes	35.00	0.00	0.00	0.00	0.00	0.00	0.00	1.00	0.00	1.00	0.00
Chicken Fingers	137.00	300.00	14.00	1.50	0.00	95.00	1020.00	10.00	2.00	0.00	34.00
TOTALS		820.00	48.00	8.00	2.00	115.00	2350.00	56.00	4.00	12.00	42.00
GRILLED CHICKEN SANDWICH MEAL											
Brioche Bun	74.00	260.00	9.00	2.00	2.00	0.00	450.00	37.00	1.00	9.00	7.00
Honey Mustard Sauce	29.00	110.00	9.00	1.50	0.00	15.00	190.00	7.00	2.00	4.00	0.00
Iceberg Lettuce	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
6 x 6 Tomatoes	34.00	0.00	0.00	0.00	0.00	0.00	0.00	1.00	0.00	1.00	0.00
Grilled Fillet	142.00	160.00	3.50	1.00	0.00	85.00	870.00	2.00	0.00	1.00	31.00
Crinkle Fries	142.00	370.00	16.00	2.00	0.00	0.00	270.00	50.00	5.00	0.00	4.00
TOTALS		900.00	38.00	7.00	2.00	100.00	1780.00	97.00	8.00	15.00	42.00
GRILLED CHICKEN SANDWICH											
Brioche Bun	74.00	260.00	9.00	2.00	2.00	0.00	450.00	37.00	1.00	9.00	7.00
Honey Mustard Sauce	29.00	110.00	9.00	1.50	0.00	15.00	190.00	7.00	2.00	4.00	0.00
Iceberg Lettuce	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
6 x 6 Tomatoes	35.00	0.00	0.00	0.00	0.00	0.00	0.00	1.00	0.00	1.00	0.00
Grilled Fillet	142.00	160.00	3.50	1.00	0.00	85.00	870.00	2.00	0.00	1.00	31.00
TOTALS		530.00	22.00	4.50	2.00	100.00	1510.00	46.00	3.00	15.00	38.00



SANDWICH MEALS & SANDWICHES

NUTRITIONAL INFORMATION FOR MEALS DOES NOT INCLUDE DRINKS.
PLEASE REFER TO THE DRINK SECTION.

	SERVING SIZE (G)	CALORIES	TOTAL FAT (G)	SAT FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATE (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
ZAXBY'S CLUB SANDWICH MEAL											
Texas Toast	83.00	310.00	14.00	3.50	3.50	0.00	700.00	38.00	2.00	3.00	7.00
Mayonnaise	28.00	210.00	23.00	3.50	0.00	15.00	140.00	1.00	0.00	1.00	0.00
Iceberg Lettuce	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
6 x 6 Tomatoes	35.00	0.00	0.00	0.00	0.00	0.00	0.00	1.00	0.00	1.00	0.00
Bacon	11.00	50.00	3.00	1.00	0.00	15.00	240.00	0.00	0.00	0.00	6.00
American Cheese	15.00	60.00	4.50	3.00	0.00	15.00	200.00	1.00	0.00	0.00	3.00
Chicken Fingers	137.00	300.00	14.00	1.50	0.00	95.00	1020.00	10.00	2.00	0.00	34.00
Crinkle Fries	142.00	370.00	16.00	2.00	0.00	0.00	270.00	50.00	5.00	0.00	4.00
TOTALS		1300.00	75.00	15.00	3.50	140.00	2570.00	101.00	9.00	5.00	54.00
ZAXBY'S CLUB SANDWICH											
Texas Toast	83.00	310.00	14.00	3.50	3.50	0.00	700.00	38.00	2.00	3.00	7.00
Mayonnaise	28.00	210.00	23.00	3.50	0.00	15.00	140.00	1.00	0.00	1.00	0.00
Iceberg Lettuce	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
6 x 6 Tomatoes	35.00	0.00	0.00	0.00	0.00	0.00	0.00	1.00	0.00	1.00	0.00
Bacon	11.00	50.00	3.00	1.00	0.00	15.00	240.00	0.00	0.00	0.00	6.00
American Cheese	15.00	60.00	4.50	3.00	0.00	15.00	200.00	1.00	0.00	0.00	3.00
Chicken Fingers	137.00	300.00	14.00	1.50	0.00	95.00	1020.00	10.00	2.00	0.00	34.00
TOTALS		930.00	59.00	13.00	3.50	140.00	2300.00	51.00	4.00	5.00	50.00



SANDWICH MEALS & SANDWICHES

NUTRITIONAL INFORMATION FOR MEALS DOES NOT INCLUDE DRINKS. PLEASE REFER TO THE DRINK SECTION.

	SERVING SIZE (G)	CALORIES	TOTAL FAT (G)	SAT FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATE (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
CAJUN CLUB SANDWICH MEAL											
Brioche Bun	74.00	260.00	9.00	2.00	2.00	0.00	450.00	37.00	1.00	9.00	7.00
Ranch Sauce	28.00	130.00	13.00	2.00	0.00	10.00	230.00	1.00	0.00	0.00	1.00
Iceberg Lettuce	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
6 x 6 Tomatoes	35.00	0.00	0.00	0.00	0.00	0.00	0.00	1.00	0.00	1.00	0.00
Bacon	11.00	50.00	3.00	1.00	0.00	15.00	240.00	0.00	0.00	0.00	6.00
American Cheese	15.00	60.00	4.50	3.00	0.00	15.00	200.00	1.00	0.00	0.00	3.00
Blackened Grilled Fillet	142.00	170.00	3.50	1.00	0.00	85.00	1000.00	2.00	0.00	0.00	32.00
Crinkle Fries	142.00	370.00	16.00	2.00	0.00	0.00	270.00	50.00	5.00	0.00	4.00
TOTALS		1040.00	49.00	11.00	2.00	125.00	2390.00	92.00	6.00	10.00	53.00
CAJUN CLUB SANDWICH											
Brioche Bun	74.00	260.00	9.00	2.00	2.00	0.00	450.00	37.00	1.00	9.00	7.00
Ranch Sauce	28.00	130.00	13.00	2.00	0.00	10.00	230.00	1.00	0.00	0.00	1.00
Iceberg Lettuce	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
6 x 6 Tomatoes	35.00	0.00	0.00	0.00	0.00	0.00	0.00	1.00	0.00	1.00	0.00
Bacon	11.00	50.00	3.00	1.00	0.00	15.00	240.00	0.00	0.00	0.00	6.00
American Cheese	15.00	60.00	4.50	3.00	0.00	15.00	200.00	1.00	0.00	0.00	3.00
Blackened Grilled Fillet	142.00	170.00	3.50	1.00	0.00	85.00	1000.00	2.00	0.00	0.00	32.00
TOTALS		670.00	33.00	9.00	2.00	125.00	2120.00	42.00	1.00	10.00	49.00
CHICKEN SALAD SANDWICH MEAL											
Honey Wheat Bread	62.00	180.00	2.00	0.50	0.00	0.00	330.00	35.00	2.00	5.00	6.00
Mayonnaise	28.00	210.00	23.00	3.50	0.00	15.00	140.00	1.00	0.00	1.00	0.00
Iceberg Lettuce	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
6 x 6 Tomatoes	35.00	0.00	0.00	0.00	0.00	0.00	0.00	1.00	0.00	1.00	0.00
Chicken Salad	100.00	230.00	17.00	3.00	0.00	60.00	470.00	3.00	1.00	1.00	15.00
Crinkle Fries	142.00	370.00	16.00	2.00	0.00	0.00	270.00	50.00	5.00	0.00	4.00
TOTALS		990.00	58.00	9.00	0.00	75.00	1210.00	90.00	8.00	8.00	25.00



SANDWICH MEALS & SANDWICHES

NUTRITIONAL INFORMATION FOR MEALS DOES NOT INCLUDE DRINKS.
PLEASE REFER TO THE DRINK SECTION.

	SERVING SIZE (G)	CALORIES	TOTAL FAT (G)	SAT FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATE (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
CHICKEN SALAD SANDWICH											
Honey Wheat Bread	62.00	180.00	2.00	0.50	0.00	0.00	330.00	35.00	2.00	5.00	6.00
Mayonnaise	28.00	210.00	23.00	3.50	0.00	15.00	140.00	1.00	0.00	1.00	0.00
Iceberg Lettuce	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
6 x 6 Tomatoes	35.00	0.00	0.00	0.00	0.00	0.00	0.00	1.00	0.00	1.00	0.00
Chicken Salad	100.00	230.00	17.00	3.00	0.00	60.00	470.00	3.00	1.00	1.00	15.00
TOTALS		620.00	42.00	7.00	0.00	75.00	940.00	40.00	3.00	8.00	21.00
(3) NIBBLERZ MEAL											
Nibbler Buns	126.00	490.00	21.00	5.00	5.00	0.00	690.00	66.00	2.00	14.00	10.00
Zax Sauce	43.00	180.00	18.00	3.00	0.00	15.00	620.00	5.00	0.00	2.00	1.00
Chicken Fingers	137.00	300.00	14.00	1.50	0.00	95.00	1020.00	10.00	2.00	0.00	34.00
Crinkle Fries	142.00	370.00	16.00	2.00	0.00	0.00	270.00	50.00	5.00	0.00	4.00
TOTALS		1340.00	69.00	12.00	5.00	110.00	2600.00	131.00	9.00	16.00	49.00
(3) NIBBLERZ											
Nibbler Buns	126.00	490.00	21.00	5.00	5.00	0.00	690.00	66.00	2.00	14.00	10.00
Zax Sauce	43.00	180.00	18.00	3.00	0.00	15.00	620.00	5.00	0.00	2.00	1.00
Chicken Fingerz	137.00	300.00	14.00	1.50	0.00	95.00	1020.00	10.00	2.00	0.00	34.00
TOTALS		970.00	53.00	10.00	5.00	110.00	2330.00	81.00	4.00	16.00	45.00
SOUTHERN SWEET & SMOKY SANDWICH											
Toasted Potato Bun	69.00	190.00	6.50	1.00	0.00	0.00	270.00	29.00	0.00	5.00	4.00
Shredded Iceberg	14.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Sweet and Zesty Pickles	16.00	20.00	0.00	0.00	0.00	0.00	45.00	4.00	0.00	4.00	0.00
Backyard Sauce	28.00	160.00	18.00	3.00	0.00	0.00	230.00	1.00	0.00	0.00	1.00
Hand-breaded Fillet	107.00	240.00	11.00	1.50	0.00	75.00	1060.00	9.00	0.00	0.00	27.00
TOTALS		610.00	36.00	5.00	0.00	75.00	1610.00	43.00	0.00	9.00	32.00



SANDWICH MEALS & SANDWICHES

NUTRITIONAL INFORMATION FOR MEALS DOES NOT INCLUDE DRINKS. PLEASE REFER TO THE DRINK SECTION.

	SERVING SIZE (G)	CALORIES	TOTAL FAT (G)	SAT FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATE (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
SOUTHERN SWEET & SMOKY SANDWICH MEAL											
Toasted Potato Bun	69.00	190.00	6.50	1.00	0.00	0.00	270.00	29.00	0.00	5.00	4.00
Shredded Iceberg	14.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Sweet and Zesty Pickles	16.00	20.00	0.00	0.00	0.00	0.00	45.00	4.00	0.00	4.00	0.00
Backyard Sauce	28.00	160.00	18.00	3.00	0.00	0.00	230.00	1.00	0.00	0.00	1.00
Hand-breaded Fillet	107.00	240.00	11.00	1.50	0.00	75.00	1060.00	9.00	0.00	0.00	27.00
Crinkle Fries	142.00	370.00	16.00	2.00	0.00	0.00	260.00	51.00	5.00	0.00	4.00
TOTALS		980.00	52.00	8.00	0.00	75.00	1870.00	93.00	5.00	10.00	37.00
SOUTHERN T.L.C. SANDWICH											
Toasted Potato Bun	69.00	190.00	6.50	1.00	0.00	0.00	270.00	29.00	0.00	5.00	4.00
Shredded Iceberg	14.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Mayonnaise	28.00	200.00	22.00	3.00	0.00	20.00	140.00	0.00	0.00	0.00	0.00
Tomatoes	35.00	5.00	0.00	0.00	0.00	0.00	0.00	1.00	0.00	1.00	0.00
Hand-breaded Fillet	107.00	240.00	11.00	1.50	0.00	75.00	1060.00	9.00	0.00	0.00	27.00
TOTALS		640.00	40.00	6.00	0.00	95.00	1470.00	39.00	0.00	6.00	32.00
SOUTHERN T.L.C. SANDWICH MEAL											
Toasted Potato Bun	69.00	190.00	6.50	1.00	0.00	0.00	270.00	29.00	0.00	5.00	4.00
Shredded Iceberg	14.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Mayonnaise	28.00	200.00	22.00	3.00	0.00	20.00	140.00	0.00	0.00	0.00	0.00
Tomatoes	35.00	5.00	0.00	0.00	0.00	0.00	0.00	1.00	0.00	1.00	0.00
Hand-breaded Fillet	107.00	240.00	11.00	1.50	0.00	75.00	1060.00	9.00	0.00	0.00	27.00
Crinkle Fries	142.00	370.00	16.00	2.00	0.00	0.00	260.00	51.00	5.00	0.00	4.00
TOTALS		1010.00	57.00	8.00	0.00	95.00	1730.00	89.00	5.00	7.00	36.00

2,000 calories a day is used for general nutrition advice, but calorie needs vary.



SANDWICH MEALS & SANDWICHES

NUTRITIONAL INFORMATION FOR MEALS DOES NOT INCLUDE DRINKS.
PLEASE REFER TO THE DRINK SECTION.

	SERVING SIZE (G)	CALORIES	TOTAL FAT (G)	SAT FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATE (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
BLT SANDWICH MEAL (OFF MENU)											
Texas Toast	83.00	310.00	14.00	3.50	3.50	0.00	700.00	38.00	2.00	3.00	7.00
Mayonnaise	28.00	210.00	23.00	3.50	0.00	15.00	140.00	1.00	0.00	1.00	0.00
Iceberg Lettuce	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
6 x 6 Tomatoes	35.00	0.00	0.00	0.00	0.00	0.00	0.00	1.00	0.00	1.00	0.00
Bacon	43.00	200.00	12.00	4.00	0.00	55.00	960.00	1.00	0.00	1.00	23.00
Crinkle Fries	142.00	370.00	16.00	2.00	0.00	0.00	270.00	50.00	5.00	0.00	4.00
TOTALS		1090.00	65.00	13.00	3.50	70.00	2070.00	91.00	7.00	6.00	34.00
BLT SANDWICH (OFF MENU)											
Texas Toast	83.00	310.00	14.00	3.50	3.50	0.00	700.00	38.00	2.00	3.00	7.00
Mayonnaise	28.00	210.00	23.00	3.50	0.00	15.00	140.00	1.00	0.00	1.00	0.00
Iceberg Lettuce	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
6 x 6 Tomatoes	35.00	0.00	0.00	0.00	0.00	0.00	0.00	1.00	0.00	1.00	0.00
Bacon	43.00	200.00	12.00	4.00	0.00	55.00	960.00	1.00	0.00	1.00	23.00
TOTALS		720.00	49.00	11.00	3.50	70.00	1800.00	41.00	2.00	6.00	30.00
GRILLED CHEESE SANDWICH MEAL (OFF MENU)											
Texas Toast	83.00	330.00	18.00	4.50	4.50	0.00	490.00	38.00	1.00	3.00	6.00
American Cheese	44.00	170.00	14.00	9.00	0.00	40.00	600.00	2.00	0.00	1.00	8.00
Crinkle Fries	142.00	370.00	16.00	2.00	0.00	0.00	270.00	50.00	5.00	0.00	4.00
TOTALS		870.00	48.00	16.00	4.50	40.00	1360.00	90.00	6.00	4.00	18.00
GRILLED CHEESE SANDWICH (OFF MENU)											
Texas Toast	83.00	330.00	18.00	4.50	4.50	0.00	490.00	38.00	1.00	3.00	6.00
American Cheese	44.00	170.00	14.00	9.00	0.00	40.00	600.00	2.00	0.00	1.00	8.00
TOTALS		500.00	32.00	14.00	4.50	40.00	1090.00	40.00	1.00	4.00	14.00

2,000 calories a day is used for general nutrition advice, but calorie needs vary.



MOST POPULAR

NUTRITIONAL INFORMATION FOR MOST POPULAR ITEMS DOES NOT INCLUDE DRINKS. PLEASE REFER TO THE DRINK SECTION.

	SERVING SIZE (G)	CALORIES	TOTAL FAT (G)	SAT FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATE (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
CHICKEN FINGER PLATE (4 FINGERS)											
Chicken Fingers	182.00	400.00	19.00	2.50	0.00	125.00	1360.00	14.00	3.00	0.00	45.00
Zax Sauce	43.00	180.00	18.00	3.00	0.00	15.00	620.00	5.00	0.00	2.00	1.00
Crinkle Fries	142.00	370.00	16.00	13.00	0.00	0.00	270.00	50.00	5.00	6.00	4.00
Cole Slaw	98.00	140.00	10.00	1.50	0.00	5.00	160.00	13.00	2.00	11.00	1.00
Texas Toast	41.00	150.00	7.00	1.00	1.50	0.00	350.00	19.00	2.00	1.00	4.00
TOTALS		1240.00	70.00	21.00	2.00	145.00	2760.00	101.00	12.00	20.00	55.00
BUFFALO CHICKEN FINGER PLATE (4 FINGERS)											
Chicken Fingers	182.00	400.00	19.00	2.50	0.00	125.00	1360.00	14.00	3.00	0.00	45.00
Tongue Torch Sauce	36.00	20.00	0.00	0.00	0.00	0.00	630.00	4.00	1.00	2.00	0.00
Ranch Sauce	43.00	190.00	20.00	6.00	0.00	30.00	680.00	4.00	0.00	2.00	2.00
Crinkle Fries	142.00	370.00	16.00	13.00	0.00	0.00	270.00	50.00	5.00	6.00	4.00
Cole Slaw	98.00	140.00	10.00	1.50	0.00	5.00	160.00	13.00	2.00	11.00	1.00
Texas Toast	41.00	150.00	7.00	1.00	1.50	0.00	350.00	19.00	2.00	1.00	4.00
TOTALS		1270.00	72.00	24.00	2.00	160.00	3450.00	104.00	13.00	22.00	56.00
CHICKEN FINGER PLATE (5 FINGERS)											
Chicken Fingers	228.00	500.00	23.00	3.00	0.00	155.00	1700.00	17.00	3.00	0.00	56.00
Zax Sauce	43.00	180.00	18.00	3.00	0.00	15.00	620.00	5.00	0.00	2.00	1.00
Crinkle Fries	142.00	370.00	16.00	2.00	0.00	0.00	270.00	50.00	5.00	0.00	4.00
Cole Slaw	98.00	140.00	10.00	1.50	0.00	5.00	160.00	13.00	2.00	11.00	1.00
Texas Toast	41.00	150.00	7.00	1.50	1.50	0.00	350.00	19.00	1.00	1.00	4.00
TOTALS		1340.00	74.00	11.00	2.00	175.00	3100.00	104.00	11.00	14.00	66.00



MOST POPULAR

NUTRITIONAL INFORMATION FOR MOST POPULAR ITEMS DOES NOT INCLUDE DRINKS. PLEASE REFER TO THE DRINK SECTION.

	SERVING SIZE (G)	CALORIES	TOTAL FAT (G)	SAT FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATE (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
BUFFALO CHICKEN FINGER PLATE (5 FINGERS)											
Chicken Fingers	228.00	500.00	23.00	3.00	0.00	155.00	1700.00	17.00	3.00	0.00	56.00
Tongue Torch	45.00	25.00	0.00	0.00	0.00	0.00	790.00	5.00	1.00	3.00	0.00
Ranch Sauce	43.00	190.00	40.00	6.00	0.00	30.00	680.00	4.00	0.00	2.00	2.00
Crinkle Fries	142.00	370.00	16.00	2.00	0.00	0.00	270.00	50.00	5.00	0.00	4.00
Cole Slaw	98.00	140.00	10.00	1.50	0.00	5.00	160.00	13.00	2.00	11.00	1.00
Texas Toast	41.00	150.00	7.00	1.50	1.50	0.00	350.00	19.00	1.00	1.00	4.00
TOTALS		1380.00	96.00	14.00	2.00	190.00	3950.00	108.00	12.00	17.00	67.00
CHICKEN FINGER PLATE (6 FINGERS)											
Chicken Fingers	319.00	600.00	33.00	4.00	0.00	220.00	2390.00	24.00	5.00	0.00	79.00
Zax Sauce	85.00	360.00	35.00	6.00	0.00	30.00	1240.00	11.00	1.00	5.00	1.00
Crinkle Fries	142.00	370.00	16.00	2.00	0.00	0.00	270.00	50.00	5.00	0.00	4.00
Cole Slaw	98.00	140.00	10.00	1.50	0.00	5.00	160.00	13.00	2.00	11.00	1.00
Texas Toast	41.00	150.00	7.00	1.50	1.50	0.00	350.00	19.00	1.00	1.00	4.00
TOTALS		1620.00	101.00	15.00	2.00	255.00	4410.00	117.00	14.00	17.00	89.00
BUFFALO CHICKEN FINGER PLATE (6 FINGERS)											
Chicken Fingers	319.00	600.00	33.00	4.00	0.00	220.00	2390.00	24.00	5.00	0.00	79.00
Tongue Torch Sauce	54.00	30.00	1.00	0.00	0.00	0.00	950.00	6.00	1.00	3.00	1.00
Ranch Sauce	85.00	380.00	40.00	6.00	0.00	28.00	680.00	4.00	0.00	1.00	2.00
Crinkle Fries	142.00	370.00	16.00	2.00	0.00	0.00	270.00	50.00	5.00	0.00	4.00
Cole Slaw	98.00	140.00	10.00	1.50	0.00	5.00	160.00	13.00	2.00	11.00	1.00
Texas Toast	41.00	150.00	7.00	3.50	3.50	0.00	350.00	19.00	2.00	1.00	4.00
TOTALS		1670.00	107.00	20.00	3.50	255.00	4800.00	116.00	18.00	16.00	91.00



MOST POPULAR

NUTRITIONAL INFORMATION FOR MOST POPULAR ITEMS DOES NOT INCLUDE DRINKS. PLEASE REFER TO THE DRINK SECTION.

	SERVING SIZE (G)	CALORIES	TOTAL FAT (G)	SAT FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATE (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
BONELESS WINGS & THINGS											
Chicken Fingers	137.00	300.00	14.00	1.50	0.00	95.00	1020.00	10.00	2.00	0.00	34.00
Boneless Wings	126.00	360.00	18.00	2.50	0.00	50.00	1000.00	27.00	2.00	1.00	23.00
Zax Sauce	43.00	180.00	18.00	3.00	0.00	15.00	620.00	5.00	0.00	2.00	1.00
Ranch Sauce	43.00	190.00	20.00	3.00	0.00	15.00	340.00	2.00	0.00	1.00	1.00
Celery	38.00	0.00	0.00	0.00	0.00	0.00	45.00	1.00	0.00	0.00	0.00
Crinkle Fries	142.00	370.00	16.00	2.00	0.00	0.00	270.00	50.00	5.00	0.00	4.00
Texas Toast	41.00	150.00	7.00	1.50	1.50	0.00	350.00	19.00	1.00	1.00	4.00
TOTALS		1560.00	93.00	14.00	2.00	175.00	3645.00	114.00	10.00	5.00	67.00
BUFFALO BONELESS WINGS & THINGS											
Chicken Fingers	137.00	300.00	14.00	1.50	0.00	95.00	1020.00	10.00	2.00	0.00	34.00
Tongue Torch Sauce	27.00	15.00	0.00	0.00	0.00	0.00	470.00	3.00	0.00	2.00	0.00
Boneless Wings	126.00	360.00	18.00	2.50	0.00	50.00	1000.00	27.00	2.00	1.00	23.00
Ranch Sauce	85.00	380.00	40.00	6.00	0.00	28.00	680.00	4.00	0.00	1.00	2.00
Celery	38.00	0.00	0.00	0.00	0.00	0.00	45.00	1.00	0.00	0.00	0.00
Crinkle Fries	142.00	370.00	16.00	2.00	0.00	0.00	270.00	50.00	5.00	0.00	4.00
Texas Toast	41.00	150.00	7.00	3.50	3.50	0.00	350.00	19.00	2.00	1.00	4.00
TOTALS		1580.00	95.00	16.00	3.50	175.00	3835.00	114.00	11.00	5.00	67.00



MOST POPULAR

NUTRITIONAL INFORMATION FOR MOST POPULAR ITEMS DOES NOT INCLUDE DRINKS. PLEASE REFER TO THE DRINK SECTION.

	SERVING SIZE (G)	CALORIES	TOTAL FAT (G)	SAT FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATE (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
TRADITIONAL WINGS & THINGS											
Chicken Fingers	137.00	300.00	14.00	1.50	0.00	95.00	1020.00	10.00	2.00	0.00	34.00
Traditional Wings	118.00	300.00	19.00	5.00	0.00	130.00	340.00	0.00	0.00	0.00	30.00
Zax Sauce	43.00	180.00	18.00	3.00	0.00	15.00	620.00	5.00	0.00	2.00	1.00
Ranch Sauce	43.00	190.00	20.00	3.00	0.00	15.00	340.00	2.00	0.00	1.00	1.00
Celery	38.00	0.00	0.00	0.00	0.00	0.00	45.00	1.00	0.00	0.00	0.00
Crinkle Fries	142.00	370.00	16.00	2.00	0.00	0.00	270.00	50.00	5.00	0.00	4.00
Texas Toast	41.00	150.00	7.00	1.50	1.50	0.00	350.00	19.00	1.00	1.00	4.00
TOTALS		1490.00	94.00	16.00	2.00	255.00	2990.00	87.00	8.00	4.00	74.00
BUFFALO TRADITIONAL WINGS & THINGS											
Chicken Fingers	137.00	300.00	14.00	1.50	0.00	95.00	1020.00	10.00	2.00	0.00	34.00
Tongue Torch Sauce	27.00	15.00	0.00	0.00	0.00	0.00	470.00	3.00	0.00	2.00	0.00
Traditional Wings	118.00	300.00	19.00	5.00	0.00	130.00	340.00	0.00	0.00	0.00	30.00
Ranch Sauce	85.00	380.00	40.00	6.00	0.00	28.00	680.00	4.00	0.00	1.00	2.00
Celery	38.00	0.00	0.00	0.00	0.00	0.00	45.00	1.00	0.00	0.00	0.00
Crinkle Fries	142.00	370.00	16.00	2.00	0.00	0.00	270.00	50.00	5.00	0.00	4.00
Texas Toast	41.00	150.00	7.00	1.50	1.50	0.00	350.00	19.00	1.00	1.00	4.00
TOTALS		1520.00	96.00	16.00	2.00	255.00	3180.00	87.00	8.00	4.00	74.00
BUFFALO BONELESS WINGS MEAL (5)											
Boneless Wings	126.00	360.00	18.00	2.50	0.00	50.00	1000.00	27.00	2.00	1.00	23.00
Ranch Sauce	43.00	190.00	20.00	3.00	0.00	15.00	340.00	2.00	0.00	1.00	1.00
Celery	38.00	0.00	0.00	0.00	0.00	0.00	45.00	1.00	0.00	0.00	0.00
Crinkle Fries	142.00	370.00	16.00	2.00	0.00	0.00	270.00	50.00	5.00	0.00	4.00
Texas Toast	41.00	150.00	7.00	1.50	1.50	0.00	350.00	19.00	1.00	1.00	4.00
TOTALS		1080.00	61.00	9.00	2.00	65.00	2010.00	99.00	8.00	3.00	32.00



MOST POPULAR

NUTRITIONAL INFORMATION FOR MOST POPULAR ITEMS DOES NOT INCLUDE DRINKS. PLEASE REFER TO THE DRINK SECTION.

	SERVING SIZE (G)	CALORIES	TOTAL FAT (G)	SAT FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATE (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
BUFFALO TRADITIONAL WINGS MEAL (5)											
Traditional Wings	118.00	300.00	19.00	5.00	0.00	130.00	340.00	0.00	0.00	0.00	30.00
Ranch Sauce	43.00	190.00	20.00	3.00	0.00	15.00	340.00	2.00	0.00	1.00	1.00
Celery	38.00	0.00	0.00	0.00	0.00	0.00	45.00	1.00	0.00	0.00	0.00
Crinkle Fries	142.00	370.00	16.00	2.00	0.00	0.00	270.00	50.00	5.00	0.00	4.00
Texas Toast	41.00	150.00	7.00	1.50	1.50	0.00	350.00	19.00	1.00	1.00	4.00
TOTALS		1010.00	62.00	12.00	2.00	145.00	1350.00	72.00	6.00	2.00	39.00
BIG ZAX SNAK MEAL											
Chicken Fingers	137.00	300.00	14.00	1.50	0.00	95.00	1020.00	10.00	2.00	0.00	34.00
Zax Sauce	43.00	180.00	18.00	3.00	0.00	15.00	620.00	5.00	0.00	2.00	1.00
Crinkle Fries	142.00	370.00	16.00	2.00	0.00	0.00	270.00	50.00	5.00	0.00	4.00
Texas Toast	41.00	150.00	7.00	1.50	1.50	0.00	350.00	19.00	1.00	1.00	4.00
TOTALS		1000.00	55.00	8.00	2.00	110.00	2260.00	84.00	8.00	3.00	43.00
BUFFALO BIG ZAX SNAK											
Chicken Fingers	137.00	300.00	14.00	1.50	0.00	95.00	1020.00	10.00	2.00	0.00	34.00
Tongue Torch Sauce	27.00	15.00	0.00	0.00	0.00	0.00	470.00	3.00	0.00	2.00	0.00
Ranch Sauce	43.00	190.00	20.00	3.00	0.00	15.00	340.00	2.00	0.00	1.00	1.00
Crinkle Fries	142.00	370.00	16.00	2.00	0.00	0.00	270.00	50.00	5.00	0.00	4.00
Texas Toast	41.00	150.00	7.00	1.50	1.50	0.00	350.00	19.00	1.00	1.00	4.00
TOTALS		1030.00	57.00	8.00	2.00	110.00	2450.00	84.00	8.00	4.00	43.00

2,000 calories a day is used for general nutrition advice, but calorie needs vary.



SIGNATURE SAUCES

	SERVING SIZE (G)	CALORIES	TOTAL FAT (G)	SAT FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATE (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
DIPPING SAUCES (SAUCE CUP)											
Zax Sauce	43.00	180.00	18.00	3.00	0.00	15.00	620.00	5.00	0.00	2.00	1.00
Ranch Sauce	43.00	190.00	20.00	3.00	0.00	15.00	340.00	2.00	0.00	1.00	1.00
Honey Mustard Sauce	43.00	160.00	13.00	2.00	0.00	20.00	280.00	11.00	2.00	7.00	1.00
Zestable	43.00	190.00	19.00	3.00	0.00	15.00	400.00	5.00	1.00	3.00	0.00
Marinara	50.00	90.00	4.50	1.00	0.00	0.00	360.00	11.00	2.00	5.00	1.00
Zax Sauce (1) Served with 5 Fingers	43.00	180.00	18.00	3.00	0.00	15.00	620.00	5.00	0.00	2.00	1.00
Zax Sauce (2) Served with 10 Fingers	85.00	360.00	35.00	6.00	0.00	30.00	1240.00	11.00	1.00	5.00	1.00
Zax Sauce (4) Served with 20 Fingers	170.00	730.00	71.00	11.00	0.00	60.00	2470.00	22.00	2.00	10.00	2.00

2,000 calories a day is used for general nutrition advice, but calorie needs vary.



SIGNATURE SAUCES

	SERVING SIZE (G)	CALORIES	TOTAL FAT (G)	SAT FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATE (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
TOSSING SAUCES											
Wimpy	65.00	50.00	1.00	0.00	0.00	0.00	1070.00	10.00	1.00	8.00	1.00
Tongue Torch Sauce	65.00	35.00	1.00	0.00	0.00	0.00	1140.00	7.00	1.00	4.00	1.00
Nuclear	64.00	30.00	1.00	0.00	0.00	0.00	1200.00	4.00	3.00	1.00	1.00
Insane	64.00	45.00	1.00	0.00	0.00	0.00	1220.00	7.00	5.00	2.00	1.00
Original	62.00	100.00	6.00	1.00	0.00	0.00	860.00	11.00	1.00	0.00	0.00
Hot Honey Mustard	60.00	140.00	9.00	1.00	0.00	20.00	710.00	16.00	4.00	8.00	1.00
Sweet & Spicy	73.00	140.00	1.00	0.00	0.00	1.00	510.00	32.00	0.00	28.00	1.00
Teriyaki	73.00	110.00	0.00	0.00	0.00	1.00	1180.00	25.00	0.00	23.00	2.00
BBQ	70.00	100.00	0.00	0.00	0.00	0.00	680.00	24.00	2.00	18.00	1.00

2,000 calories a day is used for general nutrition advice, but calorie needs vary.



WINGS & FINGERS

NUTRITIONAL INFORMATION FOR WINGS DOES NOT INCLUDE WING SAUCE. PLEASE REFER TO THE SIGNATURE SAUCE SECTION.

	SERVING SIZE (G)	CALORIES	TOTAL FAT (G)	SAT FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATE (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
5 BONELESS WINGS WITH EACH SAUCE											
Boneless Wings - (No Sauce)	126.00	360.00	18.00	2.50	0.00	50.00	1000.00	27.00	2.00	1.00	23.00
Boneless Wings - Wimpy	152.00	380.00	18.00	2.50	0.00	50.00	1420.00	31.00	2.00	4.00	23.00
Boneless Wings - Tongue Torch	148.00	370.00	18.00	2.50	0.00	50.00	1390.00	29.00	2.00	5.00	23.00
Boneless Wings - Nuclear	152.00	370.00	18.00	2.50	0.00	50.00	1440.00	29.00	3.00	1.00	23.00
Boneless Wings - Insane	151.00	380.00	19.00	2.50	0.00	50.00	1490.00	30.00	4.00	2.00	23.00
Boneless Wings - Original	152.00	400.00	21.00	3.00	0.00	50.00	1360.00	31.00	2.00	1.00	23.00
Boneless Wings - HHM	154.00	430.00	22.00	3.00	0.00	60.00	1330.00	35.00	4.00	5.00	23.00
Boneless Wings- Sweet and Spicy	150.00	410.00	19.00	2.50	0.00	50.00	1160.00	37.00	2.00	10.00	23.00
Boneless Wings - Teriyaki	153.00	400.00	18.00	2.50	0.00	50.00	1390.00	36.00	2.00	10.00	24.00
Boneless Wings - BBQ	155.00	400.00	18.00	2.50	0.00	50.00	1290.00	37.00	3.00	9.00	23.00
10 BONELESS WINGS WITH EACH SAUCE											
Boneless Wings (No Sauce)	250.00	720.00	36.00	5.00	0.00	100.00	2000.00	53.00	3.00	2.00	47.00
Boneless Wings - Wimpy	300.00	760.00	37.00	5.00	0.00	100.00	2840.00	63.00	4.00	8.00	48.00
Boneless Wings - Tongue Torch	300.00	750.00	36.00	2.50	0.00	100.00	2880.00	57.00	4.00	5.00	47.00
Boneless Wings - Nuclear	300.00	740.00	37.00	5.00	0.00	100.00	2850.00	57.00	6.00	3.00	48.00
Boneless Wings - Insane	300.00	760.00	37.00	5.00	0.00	100.00	2970.00	58.00	7.00	3.00	48.00
Boneless Wings - Original	300.00	800.00	40.00	6.00	0.00	100.00	2670.00	62.00	4.00	2.00	47.00
Boneless Wings - HHM	310.00	860.00	44.00	6.00	0.00	120.00	2660.00	66.00	6.00	10.00	48.00
Boneless Wings- Sweet and Spicy	300.00	810.00	37.00	5.00	0.00	100.00	2370.00	73.00	3.00	19.00	47.00
Boneless Wings - Teriyaki	310.00	800.00	36.00	5.00	0.00	100.00	2860.00	77.00	0.00	17.00	48.00
Boneless Wings - BBQ	310.00	800.00	36.00	5.00	0.00	100.00	2580.00	73.00	5.00	17.00	48.00



WINGS & FINGERS

NUTRITIONAL INFORMATION FOR WINGS DOES NOT INCLUDE WING SAUCE. PLEASE REFER TO THE SIGNATURE SAUCE SECTION.

	SERVING SIZE (G)	CALORIES	TOTAL FAT (G)	SAT FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATE (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
20 BONELESS WINGS WITH EACH SAUCE											
Boneless Wings (No Sauce)	504.00	1440.00	72.00	10.00	0.00	200.00	3990.00	107.00	6.00	3.00	93.00
Boneless Wings - Wimpy	704.00	1520.00	74.00	10.00	0.00	200.00	5680.00	120.00	7.00	15.00	94.00
Boneless Wings - Tongue Torch	592.00	1490.00	75.00	10.00	0.00	200.00	5530.00	116.00	7.00	8.00	94.00
Boneless Wings - Nuclear	608.00	1490.00	74.00	10.00	0.00	200.00	5930.00	114.00	11.00	5.00	94.00
Boneless Wings - Insane	606.00	1510.00	74.00	10.00	0.00	200.00	5930.00	118.00	14.00	6.00	95.00
Boneless Wings - Original	608.00	1610.00	82.00	12.00	0.00	200.00	5410.00	125.00	7.00	4.00	94.00
Boneless Wings - HHM	616.00	1710.00	88.00	13.00	0.00	235.00	5310.00	137.00	13.00	18.00	95.00
Boneless Wings - Sweet and Spicy	594.00	1620.00	74.00	10.00	0.00	200.00	4620.00	146.00	6.00	35.00	94.00
Boneless Wings - Teriyaki	613.00	1600.00	72.00	10.00	0.00	200.00	5750.00	135.00	6.00	38.00	95.00
Boneless Wings - BBQ	622.00	1600.00	72.00	10.00	0.00	200.00	5140.00	147.00	9.00	33.00	94.00
5 TRADITIONAL WINGS WITH EACH SAUCE											
Traditional Wings- (No Sauce)	118.00	290.00	19.00	5.00	0.00	130.00	340.00	0.00	0.00	0.00	30.00
Traditional Wings - Wimpy	138.00	310.00	19.00	5.00	0.00	130.00	670.00	3.00	0.00	2.00	30.00
Traditional Wings - Tongue Torch	139.00	300.00	19.00	5.00	0.00	130.00	710.00	2.00	0.00	1.00	30.00
Traditional Wings - Nuclear	137.00	300.00	19.00	5.00	0.00	130.00	690.00	1.00	1.00	0.00	30.00
Traditional Wings - Insane	138.00	310.00	20.00	5.00	0.00	130.00	730.00	3.00	2.00	1.00	31.00
Traditional Wings - Original	133.00	320.00	21.00	5.00	0.00	130.00	540.00	3.00	0.00	0.00	30.00
Traditional Wings - HHM	232.00	330.00	21.00	5.00	0.00	135.00	510.00	4.00	1.00	2.00	30.00
Traditional Wings - Sweet & Spicy	141.00	340.00	20.00	5.00	0.00	130.00	500.00	10.00	0.00	9.00	30.00
Traditional Wings - Teriyaki	138.00	320.00	19.00	5.00	0.00	130.00	650.00	7.00	0.00	6.00	30.00
Traditional Wings - BBQ	136.00	320.00	19.00	5.00	0.00	130.00	510.00	6.00	1.00	5.00	30.00



WINGS & FINGERS

NUTRITIONAL INFORMATION FOR WINGS DOES NOT INCLUDE WING SAUCE. PLEASE REFER TO THE SIGNATURE SAUCE SECTION.

	SERVING SIZE (G)	CALORIES	TOTAL FAT (G)	SAT FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATE (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
10 TRADITIONAL WINGS WITH EACH SAUCE											
Traditional Wings- (No Sauce)	236.00	580.00	38.00	10.00	0.00	260.00	680.00	0.00	0.00	0.00	60.00
Traditional Wings - Wimpy	276.00	620.00	39.00	10.00	0.00	260.00	1340.00	6.00	0.00	5.00	60.00
Traditional Wings - Tongue Torch	279.00	610.00	38.00	10.00	0.00	260.00	1430.00	4.00	1.00	3.00	60.00
Traditional Wings - Nuclear	266.00	600.00	38.00	10.00	0.00	260.00	1380.00	6.00	5.00	2.00	60.00
Traditional Wings - Insane	264.00	620.00	39.00	10.00	0.00	260.00	1830.00	6.00	5.00	2.00	60.00
Traditional Wings - Original	256.00	630.00	41.00	10.00	0.00	260.00	1090.00	5.00	0.00	0.00	60.00
Traditional Wings - HHM	283.00	650.00	42.00	10.00	0.00	260.00	1010.00	8.00	2.00	4.00	60.00
Traditional Wings - Sweet & Spicy	271.00	670.00	39.00	10.00	0.00	260.00	1010.00	20.00	0.00	18.00	60.00
Traditional Wings - Teriyaki	274.00	640.00	38.00	10.00	0.00	260.00	1310.00	13.00	0.00	12.00	60.00
Traditional Wings - BBQ	296.00	630.00	39.00	10.00	0.00	260.00	1030.00	12.00	1.00	9.00	60.00
20 TRADITIONAL WINGS WITH EACH SAUCE											
Traditional Wings- (No Sauce)	472.00	1160.00	76.00	19.00	0.00	525.00	1360.00	0.00	0.00	0.00	120.00
Traditional Wings - Wimpy	552.00	1230.00	77.00	19.00	0.00	525.00	2680.00	13.00	1.00	9.00	121.00
Traditional Wings - Tongue Torch	557.00	1210.00	77.00	19.00	0.00	525.00	2860.00	9.00	1.00	5.00	122.00
Traditional Wings - Nuclear	531.00	1190.00	77.00	19.00	0.00	525.00	2770.00	5.00	4.00	1.00	121.00
Traditional Wings - Insane	529.00	1240.00	79.00	19.00	0.00	525.00	3650.00	13.00	10.00	3.00	121.00
Traditional Wings - Original	550.00	1260.00	82.00	20.00	0.00	525.00	2170.00	10.00	1.00	0.00	122.00
Traditional Wings - HHM	565.00	1300.00	84.00	21.00	0.00	525.00	2030.00	15.00	3.00	8.00	121.00
Traditional Wings - Sweet & Spicy	543.00	1340.00	78.00	19.00	0.00	525.00	2010.00	40.00	0.00	35.00	122.00
Traditional Wings - Teriyaki	548.00	1270.00	76.00	19.00	0.00	525.00	2620.00	27.00	0.00	25.00	122.00
Traditional Wings - BBQ	592.00	1260.00	76.00	19.00	0.00	525.00	2050.00	24.00	2.00	18.00	121.00



WINGS & FINGERS

NUTRITIONAL INFORMATION FOR WINGS DOES NOT INCLUDE WING SAUCE. PLEASE REFER TO THE SIGNATURE SAUCE SECTION.

	SERVING SIZE (G)	CALORIES	TOTAL FAT (G)	SAT FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATE (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
CHICKEN FINGER 1 WITH EACH SAUCE											
Chicken Finger - No Sauce	45.60	100.00	5.00	0.00	0.00	30.00	340.00	3.00	1.00	0.00	11.00
Chicken Finger - Wimpy	58.00	110.00	5.00	0.00	0.00	30.00	530.00	5.00	1.00	1.00	11.00
Chicken Finger - Tongue Torch	55.00	110.00	5.00	0.00	0.00	30.00	500.00	4.00	1.00	1.00	11.00
Chicken Finger - Nuclear	56.00	110.00	5.00	0.00	0.00	30.00	530.00	4.00	2.00	0.00	11.00
Chicken Finger - Insane	57.00	110.00	5.00	0.00	0.00	30.00	550.00	4.00	2.00	0.00	11.00
Chicken Finger - Original	57.00	120.00	6.00	0.00	0.00	30.00	490.00	5.00	1.00	0.00	11.00
Chicken Finger - HHM	58.00	130.00	7.00	0.00	0.00	35.00	490.00	6.00	2.00	2.00	11.00
Chicken Finger - Sweet & Spicy	57.00	120.00	5.00	0.00	0.00	30.00	420.00	8.00	1.00	4.00	11.00
Chicken Finger - Teriyaki	61.00	120.00	5.00	0.00	0.00	30.00	580.00	8.00	1.00	5.00	11.00
Chicken Finger - BBQ	56.00	130.00	5.00	0.00	0.00	30.00	510.00	9.00	1.00	4.00	11.00
CHICKEN FINGER 5 WITH EACH SAUCE											
Chicken Finger - No Sauce	228.00	500.00	23.00	3.00	0.00	155.00	1700.00	17.00	3.00	0.00	56.00
Chicken Finger - Wimpy	288.00	550.00	23.00	3.00	0.00	155.00	2650.00	27.00	3.00	0.00	56.00
Chicken Finger - Tongue Torch	273.00	530.00	23.00	3.00	0.00	155.00	2500.00	22.00	3.00	0.00	56.00
Chicken Finger - Nuclear	363.00	530.00	23.00	3.00	0.00	155.00	2650.00	22.00	8.00	0.00	56.00
Chicken Finger - Insane	283.00	530.00	23.00	3.00	0.00	155.00	2750.00	22.00	8.00	0.00	56.00
Chicken Finger - Original	283.00	580.00	28.00	3.00	0.00	155.00	2450.00	27.00	3.00	0.00	56.00
Chicken Finger - HHM	288.00	650.00	33.00	3.00	0.00	180.00	2450.00	32.00	8.00	10.00	56.00
Chicken Finger - Sweet & Spicy	283.00	600.00	23.00	3.00	0.00	155.00	2100.00	42.00	3.00	20.00	56.00
Chicken Finger - Teriyaki	303.00	600.00	23.00	3.00	0.00	155.00	2900.00	42.00	3.00	0.00	56.00
Chicken Finger - BBQ	313.00	625.00	23.00	3.00	0.00	155.00	2550.00	47.00	3.00	20.00	56.00



WINGS & FINGERS

NUTRITIONAL INFORMATION FOR WINGS DOES NOT INCLUDE WING SAUCE. PLEASE REFER TO THE SIGNATURE SAUCE SECTION.

	SERVING SIZE (G)	CALORIES	TOTAL FAT (G)	SAT FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATE (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
CHICKEN FINGER 10 WITH EACH SAUCE											
Chicken Finger - No Sauce	456.00	1010.00	47.00	6.00	0.00	315.00	3410.00	35.00	6.00	0.00	112.00
Chicken Finger - Wimpy	576.00	1110.00	47.00	6.00	0.00	315.00	5310.00	55.00	6.00	10.00	112.00
Chicken Finger - Tongue Torch	546.00	1060.00	47.00	6.00	0.00	315.00	5010.00	45.00	6.00	10.00	112.00
Chicken Finger - Nuclear	556.00	1060.00	47.00	6.00	0.00	315.00	5310.00	45.00	16.00	0.00	112.00
Chicken Finger - Insane	566.00	1060.00	47.00	6.00	0.00	315.00	5510.00	45.00	16.00	0.00	112.00
Chicken Finger - Original	566.00	1160.00	57.00	6.00	0.00	315.00	4910.00	45.00	6.00	0.00	112.00
Chicken Finger - HHM	576.00	1310.00	67.00	6.00	0.00	375.00	4910.00	65.00	16.00	20.00	112.00
Chicken Finger - Sweet & Spicy	566.00	1210.00	47.00	6.00	0.00	315.00	4210.00	85.00	6.00	40.00	112.00
Chicken Finger - Teriyaki	606.00	1210.00	47.00	6.00	0.00	315.00	5810.00	85.00	6.00	50.00	112.00
Chicken Finger - BBQ	626.00	1260.00	47.00	6.00	0.00	315.00	5110.00	95.00	6.00	40.00	112.00
CHICKEN FINGER 20 WITH EACH SAUCE											
Chicken Finger - No Sauce	912.00	2020.00	93.00	11.00	0.00	630.00	6820.00	69.00	13.00	0.00	225.00
Chicken Finger - Wimpy	1152.00	2220.00	93.00	11.00	0.00	630.00	10620.00	69.00	13.00	0.00	225.00
Chicken Finger - Tongue Torch	1092.00	2120.00	93.00	11.00	0.00	630.00	10020.00	89.00	13.00	20.00	225.00
Chicken Finger - Nuclear	1112.00	2120.00	93.00	11.00	0.00	630.00	10620.00	90.00	33.00	0.00	225.00
Chicken Finger - Insane	1132.00	2120.00	93.00	11.00	0.00	630.00	11020.00	90.00	33.00	0.00	225.00
Chicken Finger - Original	1132.00	2320.00	113.00	11.00	0.00	630.00	9820.00	109.00	13.00	0.00	225.00
Chicken Finger - HHM	1152.00	2620.00	133.00	11.00	0.00	730.00	9820.00	130.00	33.00	40.00	225.00
Chicken Finger - Sweet & Spicy	1132.00	2420.00	93.00	11.00	0.00	630.00	8420.00	180.00	13.00	80.00	225.00
Chicken Finger - Teriyaki	1212.00	2420.00	93.00	11.00	0.00	630.00	11620.00	180.00	13.00	100.00	225.00
Chicken Finger - BBQ	1252.00	2520.00	93.00	11.00	0.00	630.00	10220.00	190.00	13.00	80.00	225.00



WINGS & FINGERS

NUTRITIONAL INFORMATION BELOW IS FOR THE CELERY AND RANCH THAT ACCOMPANY BONELESS OR TRADITIONAL WINGS, AND BUFFALO FINGERS.

	SERVING SIZE (G)	CALORIES	TOTAL FAT (G)	SAT FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATE (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
CELERY AND RANCH FOR 5 WINGS BONELESS OR TRADITIONAL											
4 Celery Sticks	38.00	0.00	0.00	0.00	0.00	0.00	45.00	1.00	0.00	0.00	0.00
Ranch Sauce (1)	43.00	190.00	20.00	3.00	0.00	15.00	340.00	2.00	0.00	1.00	1.00
TOTALS		190.00	20.00	3.00	0.00	15.00	390.00	3.00	0.00	1.00	1.00
CELERY AND RANCH FOR 10 WINGS BONELESS OR TRADITIONAL											
6 Celery Sticks	57.00	5.00	0.00	0.00	0.00	0.00	70.00	1.00	0.00	1.00	0.00
Ranch Sauce (1)	43.00	190.00	20.00	3.00	0.00	15.00	340.00	2.00	0.00	1.00	1.00
TOTALS		200.00	20.00	3.00	0.00	15.00	410.00	3.00	0.00	2.00	0.00
CELERY AND RANCH FOR 20 WINGS BONELESS OR TRADITIONAL											
10 Celery Sticks	95.00	10.00	0.00	0.00	0.00	0.00	120.00	2.00	0.00	1.00	0.00
Ranch Sauce (2)	85.00	380.00	40.00	6.00	0.00	30.00	680.00	4.00	0.00	1.00	2.00
TOTALS		390.00	40.00	6.00	0.00	30.00	800.00	6.00	0.00	1.00	2.00
CELERY AND RANCH FOR 5 BUFFALO FINGERS											
4 Celery Sticks	38.00	0.00	0.00	0.00	0.00	0.00	45.00	1.00	0.00	0.00	0.00
Ranch Sauce (1)	43.00	190.00	20.00	3.00	0.00	15.00	340.00	2.00	0.00	1.00	1.00
TOTALS		190.00	20.00	3.00	0.00	15.00	390.00	3.00	0.00	1.00	1.00



WINGS & FINGERS

NUTRITIONAL INFORMATION BELOW IS FOR THE CELERY AND RANCH THAT ACCOMPANY BONELESS OR TRADITIONAL WINGS, AND BUFFALO FINGERS.

	SERVING SIZE (G)	CALORIES	TOTAL FAT (G)	SAT FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATE (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
CELERY AND RANCH FOR 10 BUFFALO FINGERS											
6 Celery Sticks	57.00	5.00	0.00	0.00	0.00	0.00	70.00	1.00	0.00	1.00	0.00
Ranch Sauce (2)	85.00	380.00	40.00	6.00	0.00	30.00	680.00	4.00	0.00	1.00	2.00
TOTALS		390.00	40.00	6.00	0.00	30.00	750.00	5.00	0.00	2.00	0.00
CELERY AND RANCH FOR 20 BUFFALO FINGERS											
10 Celery Sticks	95.00	10.00	0.00	0.00	0.00	0.00	120.00	2.00	0.00	1.00	0.00
Ranch Sauce (4)	170.00	770.00	80.00	13.00	0.00	55.00	1360.00	7.00	2.00	3.00	3.00
TOTALS		780.00	80.00	13.00	0.00	55.00	1480.00	9.00	2.00	4.00	3.00

2,000 calories a day is used for general nutrition advice, but calorie needs vary.



ZAPPETIZERS

	SERVING SIZE (G)	CALORIES	TOTAL FAT (G)	SAT FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATE (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
BUFFALO DIP AND TATER CHIPS											
Buffalo Dip	114.00	330.00	26.00	4.00	0.00	50.00	1110.00	9.00	2.00	2.00	14.00
Tater Chips	142.00	690.00	44.00	6.00	0.00	0.00	1690.00	68.00	4.00	0.00	6.00
TOTALS		1020.00	70.00	10.00	0.00	50.00	2800.00	77.00	6.00	2.00	20.00
TATER CHIPS											
Chips	142.00	690.00	44.00	6.00	0.00	0.00	1690.00	68.00	4.00	0.00	6.00
Ranch Sauce	43.00	190.00	20.00	3.00	0.00	15.00	340.00	2.00	0.00	1.00	1.00
TOTALS		880.00	64.00	9.00	0.00	15.00	2030.00	70.00	4.00	1.00	7.00
SIDE OF TATER CHIPS											
	71.00	350.00	22.00	3.00	0.00	0.00	840.00	34.00	2.00	0.00	3.00
ONION RINGS											
Onion Rings	178.00	630.00	38.00	4.50	0.00	0.00	1860.00	64.00	4.00	4.00	8.00
Zestable Sauce	43.00	190.00	19.00	3.00	0.00	15.00	400.00	5.00	1.00	3.00	0.00
TOTALS		820.00	57.00	8.00	0.00	15.00	2260.00	69.00	5.00	7.00	8.00
SIDE OF ONION RINGS											
	89.00	320.00	19.00	2.50	0.00	0.00	930.00	32.00	2.00	2.00	4.00
CHEDDAR BITES											
Cheddar Bites	161.00	600.00	37.00	17.00	0.50	65.00	1150.00	47.00	3.00	1.00	21.00
Marinara Sauce	50.00	90.00	4.50	1.00	0.00	0.00	360.00	11.00	2.00	5.00	1.00
TOTALS		690.00	42.00	18.00	0.50	65.00	1510.00	58.00	5.00	6.00	22.00
FRIED MUSHROOMS											
Mushrooms	141.00	400.00	27.00	3.50	0.00	0.00	890.00	34.00	4.00	1.00	5.00
Zestable Sauce	43.00	190.00	19.00	3.00	0.00	15.00	400.00	5.00	1.00	3.00	0.00
TOTALS		590.00	46.00	7.00	0.00	15.00	1290.00	39.00	5.00	4.00	5.00

2,000 calories a day is used for general nutrition advice, but calorie needs vary.



SIDES

	SERVING SIZE (G)	CALORIES	TOTAL FAT (G)	SAT FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATE (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
SIDE OF CRINKLE FRIES											
Regular	142.00	370.00	16.00	2.00	0.00	0.00	270.00	50.00	5.00	0.00	4.00
Large	227.00	590.00	36.00	4.50	0.00	0.00	430.00	86.00	8.00	1.00	8.00
BASKET OF CRINKLE FRIES											
Basket	284.00	730.00	33.00	4.00	0.00	0.00	520.00	101.00	9.00	1.00	9.00
Zax Sauce	43.00	180.00	18.00	3.00	0.00	15.00	620.00	5.00	0.00	2.00	1.00
TOTALS		910.00	51.00	7.00	0.00	15.00	1140.00	106.00	9.00	3.00	10.00
TEXAS TOAST											
1 Slice	41.00	150.00	7.00	1.50	1.50	0.00	350.00	19.00	1.00	1.00	4.00
Basket	124.00	460.00	22.00	5.00	5.00	0.00	1050.00	56.00	3.00	4.00	11.00
SIDE OF CELERY											
10 sticks	42.00	10.00	0.00	0.00	0.00	0.00	120.00	2.00	0.00	1.00	0.00
Ranch Sauce (1 Dip Cup)	43.00	190.00	20.00	3.00	0.00	15.00	340.00	2.00	0.00	1.00	1.00
TOTALS		200.00	20.00	3.00	0.00	15.00	460.00	4.00	0.00	2.00	2.00
BASKET OF CELERY											
20 sticks	95.00	20.00	0.00	0.00	0.00	0.00	240.00	4.00	0.00	1.00	0.00
Ranch Sauce (2 Dip Cups)	85.00	380.00	40.00	6.00	0.00	30.00	680.00	4.00	1.00	5.00	1.00
TOTALS		400.00	40.00	6.00	0.00	30.00	920.00	8.00	2.00	3.00	3.00



SIDES

	SERVING SIZE (G)	CALORIES	TOTAL FAT (G)	SAT FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATE (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
SIDE OF COLE SLAW											
Side	98.00	140.00	10.00	1.50	0.00	5.00	160.00	13.00	2.00	11.00	1.00
CHICKEN SALAD											
Side	100.00	230.00	17.00	3.00	0.00	60.00	470.00	3.00	1.00	1.00	15.00
BUFFALO CHICKEN DIP											
Side	114.00	330.00	26.00	4.00	0.00	50.00	1110.00	9.00	2.00	2.00	14.00
SIDE SALAD											
Regular Salad Base	71.00	10.00	0.00	0.00	0.00	0.00	30.00	2.00	1.00	1.00	1.00
Cucumbers	42.00	0.00	0.00	0.00	0.00	0.00	0.00	1.00	0.00	1.00	0.00
Roma Tomatoes	41.00	5.00	0.00	0.00	0.00	0.00	10.00	1.00	1.00	1.00	0.00
TOTALS		15.00	0.00	0.00	0.00	0.00	40.00	4.00	2.00	3.00	1.00
SIDE CAESAR SALAD											
Caesar Salad Base	71.00	10.00	0.00	0.00	0.00	0.00	5.00	2.00	1.00	1.00	1.00
Parmesan Cheese	23.00	90.00	6.00	4.00	0.00	20.00	230.00	1.00	0.00	0.00	7.00
Croutons	13.00	50.00	1.50	0.00	0.00	0.00	110.00	9.00	0.00	1.00	1.00
TOTALS		150.00	8.00	4.00	0.00	20.00	350.00	12.00	1.00	2.00	9.00

2,000 calories a day is used for general nutrition advice, but calorie needs vary.



DESSERTS

	SERVING SIZE (G)	CALORIES	TOTAL FAT (G)	SAT FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATE (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
CHOCOLATE CHIP COOKIE	35.00	170.00	8.00	4.50	0.00	10.00	120.00	23.00	0.00	15.00	2.00
WHITE CHOCOLATE MACADAMIA NUT COOKIE	35.00	170.00	9.00	4.50	0.00	10.00	125.00	22.00	0.00	14.00	2.00
OATMEAL RAISIN COOKIE	34.00	160.00	6.00	3.50	0.00	10.00	125.00	23.00	1.00	12.00	2.00
BROWNIE	79.00	380.00	18.00	10.00	0.00	20.00	190.00	52.00	2.00	25.00	3.00

2,000 calories a day is used for general nutrition advice, but calorie needs vary.



KIDZ MEALS

NUTRITIONAL INFORMATION FOR MEALS DOES NOT INCLUDE DRINKS.
PLEASE REFER TO THE DRINK SECTION.

	SERVING SIZE (G)	CALORIES	TOTAL FAT (G)	SAT FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATE (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
KIDDIE FINGER											
Chicken Fingerz	91.00	200.00	9.00	1.00	0.00	65.00	680.00	7.00	1.00	0.00	22.00
Zax Sauce	43.00	180.00	18.00	3.00	0.00	15.00	620.00	5.00	0.00	2.00	1.00
Crinkle Fries	85.00	220.00	10.00	1.50	0.00	0.00	160.00	30.00	3.00	0.00	3.00
Kidz Cookies	28.00	120.00	3.50	0.50	0.00	0.00	130.00	21.00	0.00	6.00	2.00
TOTALS	247.00	720.00	41.00	6.00	0.00	80.00	1590.00	63.00	4.00	8.00	28.00
KIDZ NIBBLER											
Nibbler Bun	42.00	160.00	7.00	1.50	1.50	0.00	230.00	22.00	1.00	5.00	3.00
Chicken Finger	46.00	100.00	4.50	0.00	0.00	30.00	340.00	3.00	1.00	0.00	11.00
Zax Sauce	14.50	70.00	6.00	1.00	0.00	5.00	220.00	2.00	0.00	1.00	0.00
Crinkle Fries	85.00	220.00	10.00	1.50	0.00	0.00	160.00	30.00	3.00	0.00	3.00
Kidz Cookies	28.00	120.00	3.50	0.50	0.00	0.00	130.00	21.00	0.00	6.00	2.00
TOTALS	215.50	670.00	31.00	4.50	1.50	35.00	1080.00	78.00	5.00	12.00	19.00
KIDDIE CHEESE											
Texas Toast	82.00	330.00	18.00	4.50	4.50	0.00	490.00	38.00	1.00	3.00	6.00
American Cheese	44.00	170.00	14.00	9.00	0.00	40.00	600.00	2.00	0.00	1.00	8.00
Crinkle Fries	85.00	220.00	10.00	1.50	0.00	0.00	160.00	30.00	3.00	0.00	3.00
Kidz Cookies	28.00	120.00	3.50	0.50	0.00	0.00	130.00	21.00	0.00	6.00	2.00
TOTALS	239.00	840.00	46.00	16.00	4.50	40.00	1380.00	91.00	4.00	10.00	19.00

2,000 calories a day is used for general nutrition advice, but calorie needs vary.



DRINKS

	CALORIES	TOTAL FAT (G)	SAT FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATE (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
MILK										
8 oz	110.00	2.50	1.50	0.00	15.00	130.00	12.00	0.00	12.00	9.00
CHOCOLATE MILK										
8 oz	160.00	2.50	1.50	0.00	10.00	210.00	25.00	0.00	25.00	8.00
APPLE JUICE										
8 oz	100.00	0.00	0.00	0.00	0.00	15.00	21.00	0.00	21.00	0.00
SWEET TEA										
12 oz	150.00	0.00	0.00	0.00	0.00	0.00	41.00	0.00	41.00	0.00
22 oz	270.00	0.00	0.00	0.00	0.00	0.00	72.00	0.00	72.00	0.00
32 oz	390.00	0.00	0.00	0.00	0.00	0.00	104.00	0.00	104.00	0.00
42 oz	510.00	0.00	0.00	0.00	0.00	0.00	137.00	0.00	137.00	0.00
UNSWEET TEA										
12 oz	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
22 oz	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
32 oz	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
42 oz	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00



DRINKS

	CALORIES	TOTAL FAT (G)	SAT FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATE (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
COCA-COLA										
12 oz (kiddie)	150	0	0	0	0	35	40	0	40	0
22 oz	270	0	0	0	0	65	73	0	73	0
32 oz	390	0	0	0	0	95	107	0	107	0
42 oz	510	0	0	0	0	125	140	0	140	0
DR PEPPER										
12 oz (kiddie)	140	0	0	0	0	40	39	0	39	0
22 oz	270	0	0	0	0	70	71	0	71	0
32 oz	390	0	0	0	0	100	103	0	103	0
42 oz	510	0	0	0	0	135	136	0	135	0
SPRITE										
12 oz (kiddie)	150	0	0	0	0	35	39	0	39	0
22 oz	270	0	0	0	0	65	72	0	71	0
32 oz	390	0	0	0	0	100	104	0	103	0
42 oz	510	0	0	0	0	130	137	0	135	0
DIET COKE										
12 oz (kiddie)	0	0	0	0	0	40	0	0	0	0
22 oz	0	0	0	0	0	70	0	0	0	0
32 oz	0	0	0	0	0	100	<1	0	0	0
42 oz	0	0	0	0	0	135	<1	0	0	0
MINUTE MAID LEMONADE										
12 oz (kiddie)	160	0	0	0	0	70	44	0	42	0
22 oz	300	0	0	0	0	125	81	0	76	0
32 oz	430	0	0	0	0	190	117	0	111	0
42 oz	560	0	0	0	0	240	154	0	146	0



DRINKS

	CALORIES	TOTAL FAT (G)	SAT FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATE (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
HI-C FRUIT PUNCH										
12 oz (kiddie)	180	0	0	0	0	35	47	0	45	0
22 oz	330	0	0	0	0	65	86	0	83	0
32 oz	480	0	0	0	0	95	125	0	121	0
42 oz	640	0	0	0	0	125	164	0	159	0
CHERRY COKE										
12 oz (kiddie)	160	0	0	0	0	35	42	0	42	0
22 oz	290	0	0	0	0	70	77	0	77	0
32 oz	420	0	0	0	0	100	112	0	112	0
42 oz	550	0	0	0	0	130	147	0	146	0
BARQS ROOT BEER										
12 oz (kiddie)	170	0	0	0	0	40	45	0	45	0
22 oz	300	0	0	0	0	70	83	0	82	0
32 oz	440	0	0	0	0	100	120	0	120	0
42 oz	580	0	0	0	0	130	158	0	157	0
VANILLA COKE										
12 oz (kiddie)	160	0	0	0	0	35	42	0	42	0
22 oz	290	0	0	0	0	65	77	0	77	0
32 oz	420	0	0	0	0	100	112	0	112	0
42 oz	550	0	0	0	0	130	147	0	146	0
COCA-COLA ZERO										
12 oz (kiddie)	0	0	0	0	0	40	0	0	0	0
22 oz	0	0	0	0	0	70	0	0	0	0
32 oz	0	0	0	0	0	105	0	0	0	0
42 oz	0	0	0	0	0	135	0	0	0	0



DRINKS

	CALORIES	TOTAL FAT (G)	SAT FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATE (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
FANTA STRAWBERRY										
12 oz (kiddie)	170	0	0	0	0	35	45	0	44	0
22 oz	310	0	0	0	0	65	82	0	82	0
32 oz	450	0	0	0	0	95	120	0	119	0
42 oz	590	0	0	0	0	125	157	0	156	0
DIET DR PEPPER										
12 oz (kiddie)	0	0	0	0	0	40	0	0	0	0
22 oz	5	0	0	0	0	75	0	0	0	0
32 oz	10	0	0	0	0	110	<1	0	0	0
42 oz	10	0	0	0	0	140	<1	0	0	0
FANTA ORANGE										
12 oz (kiddie)	160	0	0	0	0	35	45	0	44	0
22 oz	330	0	0	0	0	70	82	0	82	0
32 oz	440	0	0	0	0	100	120	0	119	0
42 oz	580	0	0	0	0	130	157	0	156	0
FANTA CHERRY										
12 oz (kiddie)	170	0	0	0	0	35	45	0	44	0
22 oz	310	0	0	0	0	65	82	0	82	0
32 oz	440	0	0	0	0	95	120	0	119	0
42 oz	580	0	0	0	0	125	157	0	156	0
DR PEPPER CHERRY										
12 oz (kiddie)	150	0	0	0	0	40	39	0	39	0
22 oz	270	0	0	0	0	70	71	0	70	0
32 oz	390	0	0	0	0	100	103	0	103	0
42 oz	510	0	0	0	0	135	136	0	135	0



DRINKS

	CALORIES	TOTAL FAT (G)	SAT FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATE (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
MELLO YELLOW										
12 oz	130	0	0	0	0	40	35	0	34	0
22 oz	230	0	0	0	0	70	64	0	63	0
32 oz	340	0	0	0	0	100	93	0	91	0
42 oz	450	0	0	0	0	135	122	0	120	0
DR PEPPER CHERRY VANILLA										
12 oz (kiddie)	150	0	0	0	0	40	39	0	39	0
22 oz	270	0	0	0	0	70	71	0	71	0
32 oz	390	0	0	0	0	100	103	0	103	0
42 oz	520	0	0	0	0	135	136	0	135	0
MINUTE MAID STRAWBERRY LEMONADE										
12 oz (kiddie)	130	0	0	0	0	40	35	0	34	0
22 oz	300	0	0	0	0	130	81	0	76	0
32 oz	440	0	0	0	0	190	117	0	111	0
42 oz	580	0	0	0	0	240	154	0	146	0
BARQS ROOT BEER VANILLA										
12 oz (kiddie)	170	0	0	0	0	40	45	0	45	0
22 oz	310	0	0	0	0	70	83	0	82	0
32 oz	440	0	0	0	0	100	120	0	120	0
42 oz	580	0	0	0	0	130	158	0	157	0
COCA-COLA CHERRY VANILLA										
12 oz (kiddie)	160	0	0	0	0	35	42	0	42	0
22 oz	290	0	0	0	0	65	77	0	77	0
32 oz	410	0	0	0	0	100	112	0	112	0
42 oz	540	0	0	0	0	130	147	0	146	0



DRINKS

	CALORIES	TOTAL FAT (G)	SAT FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATE (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
HI-C ORANGE										
12 oz (kiddie)	170	0	0	0	0	35	47	0	45	0
22 oz	320	0	0	0	0	65	86	0	83	0
32 oz	460	0	0	0	0	100	125	0	121	0
42 oz	610	0	0	0	0	130	164	0	159	0
FANTA PEACH										
12 oz (kiddie)	170	0	0	0	0	35	45	0	44	0
22 oz	310	0	0	0	0	65	82	0	82	0
32 oz	450	0	0	0	0	95	120	0	119	0
42 oz	590	0	0	0	0	130	157	0	156	0

2,000 calories a day is used for general nutrition advice, but calorie needs vary.



10 CHICKEN FINGERZ WITH EACH SAUCE

	ALLERGENS								SENSITIVITIES		
	Dairy	Egg	Wheat	Soy	Peanut	Tree Nut	Fish	Shellfish	MSG	Gluten	Sulfiting Agents
Chicken Finger (No Sauce)	•	•	•						•	•	
Chicken Finger - Wimpy™	•	•	•						•	•	
Chicken Finger - Tongue Torch*	•	•	•						•	•	
Chicken Finger - Nuclear™	•	•	•						•	•	
Chicken Finger - Insane™	•	•	•						•	•	
Chicken Finger - Original	•	•	•	•					•	•	
Chicken Finger - HHM	•	•	•						•	•	
Chicken Finger - Sweet & Spicy	•	•	•	•					•	•	
Chicken Finger - Teriyaki	•	•	•	•					•	•	
Chicken Finger - BBQ	•	•	•						•	•	

20 CHICKEN FINGERZ WITH EACH SAUCE

	ALLERGENS								SENSITIVITIES		
	Dairy	Egg	Wheat	Soy	Peanut	Tree Nut	Fish	Shellfish	MSG	Gluten	Sulfiting Agents
Chicken Finger (No Sauce)	•	•	•						•	•	
Chicken Finger - Wimpy	•	•	•						•	•	
Chicken Finger - Tongue Torch	•	•	•						•	•	
Chicken Finger - Nuclear	•	•	•						•	•	
Chicken Finger - Insane	•	•	•						•	•	
Chicken Finger - Original	•	•	•	•					•	•	
Chicken Finger - HHM	•	•	•						•	•	
Chicken Finger - Sweet & Spicy	•	•	•	•					•	•	
Chicken Finger - Teriyaki	•	•	•	•					•	•	
Chicken Finger - BBQ	•	•	•						•	•	

DESSERTS

	ALLERGENS								SENSITIVITIES		
	Dairy	Egg	Wheat	Soy	Peanut	Tree Nut	Fish	Shellfish	MSG	Gluten	Sulfiting Agents
Chocolate Chip Cookie	•	•	•	•						•	
White Chocolate Macadamia Nut Cookie	•	•	•	•		•				•	
Oatmeal Raisin Cookie	•	•	•			•				•	
Brownie	•	•	•	•						•	

DIPPING SAUCES (Sauce cups)

	ALLERGENS								SENSITIVITIES		
	Dairy	Egg	Wheat	Soy	Peanut	Tree Nut	Fish	Shellfish	MSG	Gluten	Sulfiting Agents
Zax Sauce* 1.5 oz		•									•
Ranch 1.5 oz	•	•							•		
Honey Mustard 1.5 oz		•									
Zestable Dip* 1.5 oz	•	•									
Marinara 2 oz	•										
Zax Sauce (1) served with 5 Fingerz		•									•
Zax Sauce (2) served with 10 Fingerz		•									•
Zax Sauce (4) served with 20 Fingerz		•									•

SIGNATURE SAUCES (2 oz portion by volume)

	ALLERGENS								SENSITIVITIES		
	Dairy	Egg	Wheat	Soy	Peanut	Tree Nut	Fish	Shellfish	MSG	Gluten	Sulfiting Agents
Wimpy											
Tongue Torch											
Nuclear											
Insane											
Original	•			•							
Hot Honey Mustard		•									
Sweet & Spicy			•	•						•	
Teriyaki			•	•						•	
BBQ											

DRESSINGS

	ALLERGENS								SENSITIVITIES		
	Dairy	Egg	Wheat	Soy	Peanut	Tree Nut	Fish	Shellfish	MSG	Gluten	Sulfiting Agents
Ranch	•	•							•		
Blue Cheese	•	•									
Honey French											
Honey Mustard		•									
Mediterranean	•										
Lite Ranch	•	•		•					•		
Caesar	•	•					•				•
Thousand Island		•									
Lite Vinaigrette											

CELERY & RANCH SAUCE

	Quantity	Wing Type	Sauce	ALLERGENS								SENSITIVITIES					
				Dairy	Egg	Wheat	Soy	Peanut	Tree Nut	Fish	Shellfish	MSG	Gluten	Sulfiting Agents			
BONELESS & TRADITIONAL WINGS	5		4 Celery Sticks														
			Ranch Sauce (1)	•	•									•			
	TOTALS				•	•							•				
	10		6 Celery Sticks														
			Ranch Sauce (1)	•	•									•			
	TOTALS				•	•							•				
20		10 Celery Sticks															
		Ranch Sauce (2)	•	•									•				
TOTALS				•	•							•					
BUFFALO FINGERZ*	5		4 Celery Sticks														
			Ranch Sauce (1)	•	•								•				
	TOTALS				•	•						•					
	10		6 Celery Sticks														
			Ranch Sauce (2)	•	•								•				
	TOTALS				•	•						•					
20		10 Celery Sticks															
		Ranch Sauce (4)	•	•								•					
TOTALS				•	•						•						

