



Wings Etc. Grill & Pub Nutritional Information

A 2,000 calorie daily diet is used as the basis for general nutrition advice; however, individual needs may vary.

Menu Item	Calories	Calories from Fat	Total Fat Grams	Saturated Fat Grams	Trans Fat Grams	Cholesterol Milligrams	Sodium Milligrams	Carbohydrates Grams	Dietary Fiber Grams	Sugars Grams	Protein Grams	Vitamin D %	Vitamin C %	Calcium %	Potassium %
Appetizers															
Bavarian Pretzel Bites (No Nacho Cheese)	580	115	14	7	0	0	4000	102	4	0	14	0%	400%	0%	0%
BFD Straight Fries Crispy Chicken	1510	829	92	14	2.5	125	5750	201	9	8	34	0%	20%	70%	25%
BFD Straight Fries Grilled Chicken	1250	695	82	12	2.5	110	3670	86	7	8	27	0%	8%	25%	0%
BFD Curly Fries Crispy Chicken	1550	929	103	15	2.5	125	7000	204	9	8	34	0%	20%	60%	25%
BFD Curly Fries Grilled Chicken	1280	795	93	13	2.5	110	4920	89	7	8	27	0%	8%	15%	0%
BFD Tater Tots Crispy Chicken	1640	911	123	17	2.5	125	6820	185	5	11	30	0%	20%	50%	40%
BFD Tater Tots Grilled Chicken	1380	777	113	15	2.5	110	4750	70	3	12	24	0%	8%	2%	15%
Crispy Onion Rings	820	102	44	6	0	0	1150	90	4	7	11	0%	0%	30%	0%
Chips Fiesta w/ Salsa and Queso Cheese	1050	180	26	17	0	95	2400	149	21	17	33	0%	20%	10%	10%
Green Bean Fries (No Side Dip)	670	194	43	6	0	0	1570	64	5	5	11	0%	0%	10%	0%
Jalapeno Cheese Poppers (No side dip)	510	248	28	9	0	50	1830	53	3	3	13	0%	20%	20%	0%
Mozzarella Sticks with w/ Marinara	600	138	31	10	0	50	1320	58	2	5	28	0%	40%	25%	2%
Spicy Pickle Chips (No Side Dip)	570	115	37	5	0	0	2240	51	3	3	5	0%	4%	15%	0%
White Cheddar Cheese Curds (No Side Dip)	960	365	75	42	0	185	1360	32	4	0	40	0%	70%	0%	0%
Loaded Straight Fry	1270	681	86	25	2.5	130	2230	74	7	5	40	0%	6%	20%	0%
Loaded Curly Fry	1010	496	65	21	2.5	100	3080	82	7	5	31	0%	6%	15%	0%
Loaded Tator Tots	1100	475	85	22	2.5	100	2890	62	3	8	27	0%	6%	0%	15%
Portabella Mushrooms (No Side Dip)	590	383	43	5	0	0	1590	54	2	2	7	0%	20%	30%	0%
Wings Etc's Original Ultimate Nacho with Salsa and Sour Cream	1690	411	77	33	1	660	2900	172	29	52	58	0%	25%	30%	25%
Buffalo (Mild Sauce) Crispy Chicken Nacho with Salsa and Sour Cream	2610	915	153	48	0	310	5370	306	27	30	74	0%	35%	80%	50%
Buffalo (Mild Sauce) Grilled Chicken Nacho with Salsa and Sour Cream	1940	392	102	42	0	295	2740	160	25	30	67	0%	25%	20%	25%
BBQ Pulled Pork Nacho with Salsa and Sour Cream	1770	173	78	40	0	282	3297	170	25	38	71	200%	25%	30%	40%
Burgers															
Big Nasty Burger	1100	417	54	17	1	185	1970	97	2	44	60	140%	0%	20%	35%
First Class Burger	730	353	40	15	1	135	760	46	1	5	45	15%	0%	20%	25%
Hugh Jazz Burger	1070	570	64	26	1.5	245	1430	48	1	8	72	0%	0%	25%	40%
Jalapeno Bacon Burger	970	595	67	20	1	160	1090	49	2	6	45	0%	0%	25%	25%
Ranch Fire Jalapeno Bacon Burger	980	597	67	20	1	160	1100	49	2	6	45	0%	0%	25%	25%
Loaded Cowboy Burger	1010	460	52	16	1	130	1640	97	2	44	44	0%	0%	20%	25%
Stand-By Burger	760	380	47	16	1	125	990	46	1	6	39	0%	0%	15%	8%
Three Cheese Burger	1230	560	95	28	1	200	1190	48	1	5	0	47%	0%	35%	25%
Sandwiches Chicken, Pork, Beef															
Buffalo Chicken Grilled	565	50	13	2.5	0	80	1150	85	1	43	30	0%	0%	4%	0%
Buffalo Chicken Hand Breaded	890	460	52	8	0.5	60	1540	83	2	4	25	0%	0%	6%	0%
The "Baron" Grilled Chicken Sandwich	570	150	25	8	0	115	820	46	1	5	41	15%	0%	15%	2%
Hummmin" Hot Honey Hand Breaded Chicken	780	240	27	7	0.5	60	1950	112	2	31	25	0%	0%	6%	25%
Honey Mustard Bacon Swiss Chicken Grilled	1050	190	66	16	0	155	1460	68	2	28	45	0%	0%	15%	0%
Honey Mustard Bacon Swiss Chicken Hand Breaded	1350	490	92	20	0	115	2160	96	3	25	37	0%	0%	20%	0%
Ranch Fire Jalapeno Bacon Chicken Grilled	830	412	53	14	0	130	1070	2	7	38	0	0%	0%	20%	0%
Ranch Fire Jalapeno Bacon Chicken Hand Breaded	1140	412	49	13	0	70	2930	154	6	6	29	0%	0%	20%	4%
Philly Cheesesteak	850	625	59	21	0	140	1140	35	2	3	47	10%	0%	30%	4%
Breaded Pork Tenderloin (Regional)	660	150	25	5	0	75	1160	64	1	8	45	0%	0%	8%	10%
Seafood															
Battered Fish sandwich w/ Tartar sauce (No side)	1470	350	99	15	0	120	2950	117	2	41	28	40%	0%	8%	6%
Battered Fish w/ Tartar Sauce and Chips and Salsa	1230	440	54	10	0	80	2070	143	14	8	36	40%	0%	25%	15%
Shrimp 10 pc w/ Cocktail Sauce	510	230	26	2	0	115	700	50	1	1	20	0%	0%	15%	4%
Shrimp 15 pc w/ Cocktail Sauce	790	355	40	2	0	175	1080	77	2	2	31	0%	0%	6%	6%
Shrimp Dinner w/ Curly Fries (no second side)	1020	450	46	4	0	150	2200	121	8	14	31	0%	0%	8%	8%
Crispy Fish Tacos w/ side of tortilla chips and salsa	1230	430	54	10	0	80	2070	143	14	8	36	40%	0%	25%	15%
Sides															
Half Curly Fries	250	100	12	1.5	0	0	520	35	4	0	4	0%	0%	0%	0%
Full Curly Fries	500	200	24	3	0	0	1040	71	8	0	8	0%	0%	0%	0%
Half Straight Fries	310	140	16	1.5	0	0	75	31	3	0	3	0%	0%	0%	0%
Full Straight Fries	620	280	32	3	0	0	150	63	7	0	7	0%	0%	0%	0%
Half Tater Tots	300	90	21	2.5	0	0	580	26	2	2	2	0%	0%	0%	8%
Full Tater Tots	610	180	42	5	0	0	1160	53	5	5	4	0%	0%	0%	16%
Applesauce Cup	90	0	0	0	0	0	10	23	2	19	0	0%	0%	0%	0%
Beer Cheese 4oz.	230	140	9	6	0	30	450	4	0	3	4	0%	0%	0%	0%
Coleslaw	160	75	8	0	0	5	360	23	3	20	1	0%	0%	4%	0%
Broccoli	30	0	0	0	0	0	30	6	2	2	2	0%	0%	4%	6%
Kid Curly Fries	200	81	9	1	0	0	570	28	3	0	3	0%	0%	0%	0%



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Kid Straight Fries	250	110	13	1.5	0	0	30	25	3	0	3	0%	0%	0%	0%	
Kid Tater Tots	240	73	17	2	0	0	460	21	1	1	1	0%	0%	0%	6%	
Mac N Cheese	230	9	6	0	30	740	23	1	2	0	12	2%	0%	15%	6%	
Nacho Cheese 4oz.	140	100	10	3	2	0	1040	0	4	2	0	0%	0%	10%	0%	
Queso Cheese 4oz.	280	200	24	14	0	60	1440	8	0	4	12	0%	0%	30%	0%	
Veggie Side (No dressing)	80	0	1	0	0	0	150	17	5	8	2	0%	0%	4%	15%	
Chili Bowls																
Chil Bowl	320	160	18	6	1	500	790	20	7	30	23	0%	0%	6%	0%	
Loaded Chili Bowl w/Tweener Sauce	470	220	30	14	1	515	950	24	7	30	23	0%	0%	15%	0%	
Chicken Tacos																
Buffalo Chicken Tacos Crispy with Blue Cheese and Chips	1240	420	63	17	0	95	4070	155	16	12	28	0%	0%	40%	15%	
Buffalo Chicken Tacos Crispy with Ranch and Chips	1200	415	59	15	0	85	3960	155	16	13	28	0%	0%	40%	15%	
Buffalo Chicken Tacos Grilled with Blue Cheese and Chips	1060	280	48	15	0	95	3390	116	15	12	26	0%	0%	35%	10%	
Buffalo Chicken Tacos Grilled with Ranch and Chips	1020	275	45	13	0	85	3260	116	15	13	26	0%	0%	35%	10%	
Wings a la carte																
6 Boneless (No Sauce)	558	345	38	5	0	60	1830	97	1.2	0	20	0%	0%	9%	18%	
10 Boneless (No Sauce)	930	575	64	8	0	100	3050	161	2	0	34	0%	0%	15%	30%	
15 Boneless (No Sauce)	1395	863	96	12	0	150	4575	242	3	0	51	0%	0%	23%	45%	
20 Boneless (No Sauce)	1860	1150	128	16	0	200	6100	322	4	0	68	0%	0%	30%	60%	
30 Boneless (No Sauce)	2790	1725	192	24	0	300	9150	483	6	0	102	0%	0%	45%	90%	
6 Traditional Bone-IN (No Sauce)	654	390	47	10	0	174	108	0	0	0	52	0%	0%	9%	0%	
10 Traditional Bone-IN (No Sauce)	1090	650	78	17	0	290	180	0	0	0	87	0%	0%	15%	0%	
15 Traditional Bone-IN (No Sauce)	1635	975	117	26	0	435	270	0	0	0	131	0%	0%	23%	0%	
20 Traditional Bone-IN (No Sauce)	2180	1300	156	34	0	580	360	0	0	0	174	0%	0%	30%	0%	
30 Traditional Bone-IN (No Sauce)	3270	1950	234	51	0	870	540	0	0	0	261	0%	0%	45%	0%	
Breaded Cauliflower 10oz (No Sauce)	440	210	20	1.5	0	0	680	60	3	0	10	0%	0%	0%	15%	
Tenders																
3 Count (No Sauce)(No Side)	590	330	37	4	0	40	920	42	2	0	21	0%	0%	2%	0%	
5 Count (No Sauce)(No Side)	930	515	59	6	0	60	1450	66	3	0	33	0%	0%	4%	0%	
Wraps																
Buffalo Chicken Wrap Grilled (No Dressing or Sauce)	480	50	15	5	0	65	800	55	3	2	29	0%	0%	20%	0%	
Buffalo Chicken Wrap Crispy (No Dressing or Sauce)	930	350	49	9	0	70	2550	155	6	3	32	0%	0%	30%	25%	
Crispy Chicken Bacon Wrap (No Dressing)	980	390	54	10	0	80	2700	153	5	2	36	10%	0%	30%	25%	
Grilled Chicken Bacon Wrap (No Dressing)	520	80	19	6	0	70	940	56	4	2	30	10%	0%	20%	6%	
Breaded Cauliflower Wrap (No Dressing)	580	50	12	4	0	10	2300	101	9	6	18	0%	0%	30%	15%	
Desserts																
New York Cheesecake (No Topping)	460	30	26	12	0.5	35	270	48	2	28	7	0%	0%	6%	4%	
Funnel Fries (No Side Dip)	810	160	18	6	0	40	460	160	0	118	4	0%	0%	4%	0%	
Raspberry Chimi's w/ Raspberry Sauce	1260	20	40	14	0	45	630	209	3	137	18	0%	0%	15%	0%	
Dessert Sides 2oz																
Raspberry Sauce	200	0	0	0	0	0	0	51	0	49	0	0%	0%	0%	0%	
Chocolate Sauce	130	0	0	0	0	0	30	33	1	30	1	0%	0%	0%	0%	
Kids Sizes																
Kid Burger (No Side)	400	140	16	5	0	55	490	44	1	4	20	0%	0%	6%	4%	
Kid Mac 'N' Cheese (No side)	110	50	4	1	0	15	480	13	1	2	5	25%	0%	6%	2%	
Kid Tender 2 Count (No Sauce)(No Side)	280	200	22	2	0	15	300	14	1	0	7	0%	0%	0%	0%	
Kid Regular Wings 4 Count (No Sauce)(No Side)	436	260	31	7	0	116	72	0	0	0	35	0%	0%	6%	0%	
Kid Boneless Wing 4 Count (No Sauce)(No Side)	372	230	26	3	0	40	1220	64	1	0	14	0%	0%	6%	12%	
Macaroni and Cheese Entrees																
Buffalo Chicken Mac Grilled	620	110	38	19	0.5	130	1830	31	3	5	37	6%	0%	50%	6%	
Buffalo Chicken Mac Crispy	800	200	45	21	0.5	140	3210	107	4	5	42	6%	0%	50%	20%	
Grilled Chicken BBQ Bacon Mac	870	220	54	25	0.5	175	2590	45	3	19	54	6%	0%	30%	6%	
Crispy Chicken BBQ Bacon Mac	1190	350	66	27	0.5	210	4710	161	4	19	67	6%	0%	40%	30%	
Quesadilla																
Grilled Chicken	1160	520	81	34	0	180	4950	4	7	46	0	0%	0%	70%	0%	
Crispy Chicken	1400	630	90	36	0	200	6680	155	6	7	55	0%	0%	80%	20%	
Salads																
Big Chicken Salad Hand Breaded Chicken Slices (No Dressing)	860	300	31	13	0	265	4580	113	8	3	38	6%	0%	35%	15%	
Big Chicken Salad Grilled Chicken Slices (No Dressing)	540	250	34	14	0	325	720	9	3	4	47	6%	0%	35%	10%	
Chopped Bacon Wedge w/ Blue Cheese	810	510	74	17	0	130	1810	9	3	5	30	0%	0%	4%	8%	
Chopped Bacon Wedge w/ Ranch	640	530	59	13	0	95	1190	9	3	6	23	0%	0%	6%	8%	
Chopped Buffalo Wedge Grilled Chicken w/ Blue Cheese	620	350	54	9	0	110	1030	10	3	6	22	0%	0%	4%	8%	
Chopped Buffalo Wedge Grilled Chicken w/ Ranch	540	310	46	5	0	90	800	10	3	7	21	0%	0%	6%	8%	
Chopped Buffalo Wedge Crispy Chicken w/ Blue Cheese	850	460	62	11	0	130	2760	104	4	5	30	0%	0%	10%	25%	
Chopped Buffalo Wedge Crispy Chicken w/ Ranch	770	420	54	7	0	110	2520	104	4	6	29	0%	0%	13%	25%	
Side Garden Salad (No Dressing)	70	40	3.5	2	10	75	5	2	2	4	0	0%	0%	8%	6%	
Dressing 2oz.																



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Balsamic Vinaigrette	200	0	24	4	0	0	480	4	0	4	0	0%	0%	0%	0%	
Blue Cheese	260	230	28	6	0	35	320	1	0	0	1	0%	0%	0%	0%	
French	240	0	23	3	0	0	490	13	0	13	0	0%	0%	0%	0%	
Honey Mustard Dressing	240	0	22	4	0	20	310	15	1	13	2	0%	0%	0%	0%	
Italian	280	0	32	5	0	0	750	4	0	4	0	0%	0%	0%	0%	
Oil & Vinegar	250	240	28	4	0	0	0	0	0	0	0	0%	0%	0%	0%	
Parm-Garlic Ranch	250	155	17	3.5	0	20	390	5	0	1	3	0%	0%	6%	0%	
Raspberry Vinaigrette	210	0	19	3	0	0	470	17	0	15	0	0%	0%	0%	0%	
Reduced Fat ranch	20	60	7	1	0	5	290	3	0	2	0	0%	0%	0%	0%	
Ranch House	210	160	18	2.5	0	15	340	1	0	1	1	0%	0%	0%	0%	
Ranch Fire	220	205	23	3	0	20	380	1	0	1	1	0%	0%	0%	0%	
Garlic Aioli	340	140	38	6	0	40	240	2	0	0	0	0%	0%	0%	0%	
Salsa	20	0	0	0	0	0	280	4	2	4	0	0%	0%	4%	0%	
Sauce 2 oz. /Rub 1-TBSP																
Sauce - 2 oz Asian Kick	140	0	0	0	0	0	1270	34	0	28	1	0%	0%	2%	0%	
Sauce - 2 oz Chipotle Peach BBQ	120	5	0	0	0	0	570	25	2	22	0	0%	0%	0%	0%	
Sauce - 2 oz Garlicky Parm	120	90	10	2	0	0	1060	4	0	2	2	0%	0%	4%	0%	
Sauce - 2 oz Honey BBQ	130	10	0	0	0	0	540	33	2	35	0	0%	0%	0%	0%	
Sauce - 2 oz Honey Mustard	140	10	1	0	0	0	760	30	2	26	0	0%	0%	0%	0%	
Sauce - 2 oz Hot	0	0	0	0	0	0	2400	0	0	0	0	0%	0%	0%	0%	
Sauce - 2 oz Hot Barbie	70	0	0	0	0	0	1510	0	19	0	0	0%	0%	0%	0%	
Sauce - 2 oz Hot-Honey-Garlic	180	0	0	0	0	0	520	22	0	18	0	0%	0%	0%	0%	
Sauce - 2 oz House BBQ	140	0	0	0	0	0	620	40	0	36	0	0%	0%	0%	0%	
Sauce - 2 oz Hummin [®] Hot Honey	150	2	0	0	0	0	80	39	0	37	0	0%	0%	0%	0%	
Sauce - 2 oz Mahalo-Que	70	0	0	0	0	0	410	18	17	0	0	0%	0%	0%	0%	
Sauce - 2 oz Mild	160	130	15	2.5	0	290	6	0	0	5	0	0%	0%	0%	0%	
Sauce - 2 oz Nashville Hot	310	240	27	5	0	0	920	18	3	11	2	0%	0%	10%	20%	
1 TBSP Rub Mojito Lime	5	0	0	0	0	0	1560	1	0	0	0	0%	0%	0%	0%	
1 TBSP Rub Caribbean Jerk	5	0	0	0	0	0	440	0	0	0	0	0%	0%	0%	0%	
1 TBSP Rub Brown Sugar Bourbon	5	0	0	0	0	0	560	1	0	0	0	0%	0%	0%	0%	
Sauce - 2 oz Say it Ain't Tso	140	0	0	0	0	0	1040	32	0	26	2	0%	0%	0%	0%	
Sauce - 2 oz Sweet Chili Cha Cha	140	0	0	0	0	0	590	31	0	28	0	0%	0%	0%	0%	
Sauce - 2 oz Teriyaki	100	0	0	0	0	0	1620	22	0	18	2	0%	0%	6%	0%	
Sauce - 2 oz TNT	0	0	0	0	0	0	1150	0	0	0	0	0%	0%	0%	0%	
Sauce - 2 oz Tweener	100	100	11	2	0	0	1910	0	0	0	0	0%	0%	0%	0%	
Sauce - 2 oz Wall	15	0	0	0	0	0	1090	3	1	1	1	0%	0%	0%	0%	
Sauce - 2 oz Wango	25	0	0	0	0	0	320	6	0	6	0	0%	0%	0%	0%	
Sauce 12 oz.																
Sauce - 12 oz Asian Kick	840	0	0	0	0	0	7620	204	0	168	6	0%	0%	12%	0%	
Sauce - 12 oz Chipotle Peach BBQ	720	30	0	0	0	0	3420	150	12	132	0	0%	0%	0%	0%	
Sauce - 12 oz Garlicky Parm	720	540	60	12	0	0	6360	24	0	12	12	0%	0%	24%	0%	
Sauce - 12 oz Honey BBQ	780	60	0	0	0	0	3240	198	12	210	0	0%	0%	0%	0%	
Sauce - 12 oz Honey Mustard	840	60	6	0	0	0	4560	180	12	156	0	0%	0%	0%	0%	
Sauce - 12 oz Hot	0	0	0	0	0	0	14400	0	0	0	0	0%	0%	0%	0%	
Sauce - 12 oz Hot Barbie	420	0	0	0	0	0	9060	0	114	0	0	0%	0%	0%	0%	
Sauce - 12 oz Hot-Honey-Garlic	1080	0	0	0	0	0	3120	132	0	108	0	0%	0%	0%	0%	
Sauce - 12 oz House BBQ	840	0	0	0	0	0	3720	240	0	216	0	0%	0%	0%	0%	
Sauce - 12 oz Hummin [®] Hot Honey	900	12	0	0	0	0	480	234	0	222	0	0%	0%	0%	0%	
Sauce - 12 oz Mahalo-Que	420	0	0	0	0	0	2460	108	102	0	0	0%	0%	0%	0%	
Sauce - 12 oz Mild	960	780	90	15	0	1740	36	0	0	30	0	0%	0%	0%	0%	
Sauce - 12 oz Nashville Hot	1860	1440	162	30	0	0	5520	108	18	66	12	0%	0%	60%	120%	
3 oz Rub Mojito Lime	30	0	0	0	0	0	9360	6	0	0	0	0%	0%	0%	0%	
3 oz Rub Caribbean Jerk	30	0	0	0	0	0	2640	0	0	0	0	0%	0%	0%	0%	
3 oz Rub Brown Sugar Bourbon	30	0	0	0	0	0	3360	6	0	0	0	0%	0%	0%	0%	
Sauce - 12 oz Say it Ain't Tso	840	0	0	0	0	0	6240	192	0	156	12	0%	0%	0%	0%	
Sauce - 12 oz Sweet Chili Cha Cha	840	0	0	0	0	0	3540	186	0	168	0	0%	0%	0%	0%	
Sauce - 12 oz Teriyaki	600	0	0	0	0	0	9720	132	0	108	12	0%	0%	36%	0%	
Sauce - 12 oz TNT	0	0	0	0	0	0	6900	0	0	0	0	0%	0%	0%	0%	
Sauce - 12 oz Tweener	600	600	66	12	0	0	11460	0	0	0	0	0%	0%	0%	0%	
Sauce - 12 oz Wall	90	0	0	0	0	0	6540	18	6	6	6	0%	0%	0%	0%	
Sauce - 12 oz Wango	150	0	0	0	0	0	1920	36	0	36	0	0%	0%	0%	0%	
Pizza 14" By the Slice																
Four Cheese	300	60	12	6	0	25	830	41	2	4	11	0%	0%	10%	4%	
Pepperoni	260	25	7	2.5	0	10	760	40	2	3	9	0%	0%	2%	4%	
Sausage	250	25	7	2.5	0	5	700	40	2	3	9	0%	0%	4%	4%	
Sausage and Pepperoni	290	50	9	3	0	15	860	40	2	3	11	0%	0%	4%	4%	
Hot Honey Pepperoni	270	25	7	2.5	0	10	770	44	2	8	9	0%	0%	2%	4%	



Wings Etc. Grill & Pub Nutritional Information

Might Meaty	310	60	11	4	0	20	830	40	2	3	13	0%	0%	2%	4%	
Supreme	280	40	8	2.5	0	10	810	41	3	4	10	0%	0%	2%	4%	
Buffalo Grilled Chicken w/ Mild Sauce	260	40	9	2.5	0	10	570	38	1	2	9	0%	0%	4%	0%	
Chicken Bacon Ranch	320	80	12	6	0	20	980	34	3	3	12	0%	0%	5%	4%	
Pizza 7" By the Slice																
Four Cheese	200	30	6	3	0	10	280	19	1	3	5	0%	0%	8%	4%	
Pepperoni	190	35	7	4	0	20	450	18	1	2	6	0%	0%	8%	4%	
Sausage	200	40	4.5	0	0	20	390	18	1	2	6	0%	0%	10%	4%	
Sausage and Pepperoni	200	40	8	4.5	0	25	460	18	1	2	6	0%	0%	8%	4%	
Hot Honey Pepperoni	210	35	9	4	0	20	460	23	1	6	6	0%	0%	8%	4%	
Might Meaty	240	50	8	4	0	25	500	24	1	2	8	0%	0%	8%	4%	
Supreme	220	40	6	4	0	20	550	21	2	4	7	0%	0%	8%	4%	
Buffalo Grilled Chicken w/ Mild Sauce	200	40	6	2	0	20	510	22	1	1	7	0%	0%	8%	4%	
Chicken Bacon Ranch	265	70	10	5	0	30	620	18	1	1	10	0%	0%	10%	4%	
Extras																
Beef Patty	150	90	10	4	0.5	50	115	0	0	0	14	0%	0%	0%	4%	
2 Bacon Slices	80	55	6	2.5	0	25	370	0	0	0	7	0%	0%	0%	0%	
American Cheese Slice	50	18	4	2.5	0	15	200	1	0	1	3	0%	0%	4%	0%	
Cheddar Cheese Slice	80	60	7	4	0	20	135	0	0	0	5	0%	0%	10%	0%	
Swiss Cheese Slice	90	56	6	4	0	25	50	1	0	0	6	0%	0%	10%	0%	
Pepperjack Cheese Slice	110	80	9	6	0	25	190	1	0	0	6	0%	0%	15%	0%	
Carrots 2 count	8	0	0	0	0	0	14	2	1	1	0	0%	0%	1%	1%	
Celery 2 count	1	0	0	0	0	0	6	0	0	0	0	0%	0%	0%	0%	
Carrots 4 count	16	0	0	0	0	0	28	4	1.2	2	0	0%	0%	2%	2%	
Celery 4 count	2	0	0	0	0	0	12	0	0	0	0	0%	0%	0%	1%	
Carrots 10 Count	40	0	0	0	0	0	70	9	3	5	1	0%	0%	4%	6%	
Celery 10 Count	5	0	0	0	0	0	30	1	1	1	0	0%	0%	0%	2%	
Carrots 20 Count	80	0	0	0	0	0	140	18	6	10	2	0%	0%	8%	12%	
Celery 20 Count	10	0	0	0	0	0	60	2	2	2	0	0%	0%	0%	4%	
Kicker Traditional Bone -In 3 Count (No Sauce)	327	195	23	5	0	87	54	0	0	0	26	0%	0%	5%	0%	
Kicker Boneless 3 Count (No Sauce)	279	173	19	2	0	30	915	48	1	0	10	0%	0%	5%	9%	
Beverages Pepsi Products and Tea Products																
Diet Pepsi	0	0	0g	0g	0g	0mg	30mg	0g	0g	0g	0g	0%	0%	0%	0%	
Dr Pepper	120	0	0g	0g	0g	0mg	50mg	33g	0g	32g	0g	0%	0%	0%	0%	
Iced Tea	0	0	0g	0g	**	0mg	10mg	1g	0g	0g	0g	0%	0%	0%	0%	
Mountain Dew	110	0	0g	0g	0g	0mg	40mg	30g	0g	30g	0g	0%	0%	0%	0%	
Mug Root beer	120	0	0g	0g	0g	0mg	50mg	34g	0g	34g	0g	0%	0%	0%	0%	
Pepsi	120	0	0g	0g	0g	0mg	10mg	34g	0g	33g	0g	0%	0%	0%	0%	
Pepsi Zero	0	0	0g	0g	0g	0mg	30mg	0g	0g	0g	0g	0%	0%	0%	0%	
Starry	100	0	0g	0g	0g	0mg	30mg	24g	0g	24g	0g	0%	0%	0%	0%	
Sweet Tea	60	0	0g	0g	**	0mg	10mg	16g	0g	15g	0g	0%	0%	0%	0%	
Tropicana Lemonade	120	0	0g	0g	0g	0mg	125mg	32g	0g	32g	0g	0%	0%	0%	0%	
Beverages																
Milk	150	50	6g	4g	**	25mg	140mg	15g	0g	15g	10g	10%	0%	2%	35%	
Chocolate Milk	340	50	6g	3.5g	0g	25mg	160mg	62g	0g	54g	9g	10%	0%	2%	35%	
Red Bull Original	110	0	0	0	0	0	105	28	0	27	0	0%	0%	0%	0%	
Coffee	0	0	0g	0g	0g	0mg	0mg	0g	0g	0g	0g	0%	0%	0%	0%	