

Wings To Go®

U.S. NUTRITIONAL INFORMATION

UPDATED FEBRUARY 2016

Recommended limits for a 2,000 calorie a day diet are 20 g saturated fat and 2300 mg sodium. A 2,000 calorie a day diet is used for the basis of general nutritional advice; however individual need may vary.

	Serving Size (g)	Calories	Cal. From Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)*	Chol (mg)	Sodium (mg)	Carb. (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV
Kick-Offs																
Hot Dog	75	210	170	19	8	1	40	690	0	0	0	8	2	0	0	8
Mozzarella Sticks	85	220	80	9	5	0	30	900	22	0	2	14	6	0	30	2
Garlic Parm Sticks	150	720	535	61	16	9	35	1505	28	0	4	18	22	4	36	6
Jalapeno Cheddar Poppers	210	275	75	9	4	0	25	1450	38	3	3	10	15	10	20	10
Fried Pickles	80	200	88	10	1	0	0	475	23	0	3	3	0	0	0	0
Mini Corn Dogs	79	230	120	13	4	0	25	540	24	0	6	5	0	0	2	4
Tortilla Chips & Salsa	126	210	20	2	0	0	0	520	42	4	2	4	4	12	4	4
Tortilla Chips & Cheese	180	340	120	12	2	4	0	1070	52	2	4	4	0	0	16	4
Garbage Nachos™	530	823	265	27	10	4	43	2613	119	12	11	20	23	24	38	25
Garbage Fries™	794	991	379	41	15	4	43	2697	126	13	11	21	23	59	30	35
Side Lines																
Coleslaw	120	120	60	7	1	0	5	150	15	2	15	1	6	4	4	2
Side Salad	510	302	160	18	10	0	60	476	18	5	8	20	48	62	49	17
Steak Cut Onion Rings	78	160	160	7	1	0	0	250	21	1	3	3	0	4	2	2
Burnie's Backfire Chili	269	297	50	6	3	0	25	846	40	10	5	21	10	15	9	27
French Fries Regular	207	276	81	9	2	0	0	138	44	2	0	5	0	18	0	9
French Fries Large	396	528	154	18	4	0	0	264	84	4	0	9	0	35	0	18
Cheese Fries Regular	264	356	131	14	3	2	0	628	51	2	2	5	0	18	6	9
Cheese Fries Large	453	608	204	23	5	2	0	754	91	4	2	9	0	35	6	18
Waffle Fries Regular	196	368	161	18	2	0	0	828	46	9	0	7	0	14	0	5
Waffle Fries Large	374	704	308	35	4	0	0	1584	88	18	0	13	0	26	0	9
Sweet Potato Fries Regular	196	345	138	16	3	0	0	368	55	9	16	2	115	9	5	14
Sweet Potato Fries Large	374	660	264	31	7	0	0	704	106	18	31	4	220	18	9	26
Hush Puppies	80	250	0	0	0	0	0	1225	58	5	10	8	0	0	25	10
Kaiser Roll	50	140	0	1	0	0	0	300	29	2	3	5	0	0	2	10
Roll 9"	79	200	0	2	1	0	0	530	41	2	2	7	0	0	3	18
Ciabatta Roll	99	232	23	3	2	0	0	626	43	2	2	8	0	20	6	15
Salads																
Garden Salad	833	552	320	36	20	0	120	846	26	8	14	37	78	80	95	23
Garden Salad with Chicken	1036	845	342	38	20	0	218	1929	49	9	14	80	83	84	135	29
Garden Salad with Shrimp	953	692	330	37	20	0	155	1376	44	10	14	53	80	80	99	27
Buffalo Chicken Salad	1160	1365	862	98	20	1	198	4269	53	9	18	70	79	84	95	29
Chicken Caesar Salad	980	1045	542	61	24	0	218	2349	49	8	15	80	81	74	135	27
Fiesta Chicken Salad	1086	1001	445	49	27	0	248	2747	60	10	18	82	95	85	147	31

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Boneless Wings																
5 pc Boneless Wings	203	293	22	2	0	0	98	1084	23	1	0	43	5	4	40	7
8 pc Boneless Wings	312	427	33	4	0	0	157	1344	28	1	0	68	6	6	56	10
12 pc Boneless Wings	458	609	48	5	0	0	235	1725	35	1	0	101	8	10	77	15
Traditional Wings																
5 pc Traditional Wings	200	444	288	32	9	0	154	146	0	0	0	37	6	2	2	11
8 pc Traditional Wings	320	710	461	51	14	1	246	234	0	0	0	59	9	4	4	17
12 pc Traditional Wings	480	1066	691	77	22	1	370	350	0	0	0	88	14	6	6	25
Sauces																
Mild Sauce	60	240	240	26	5	3	0	1180	2	0	0	0	0	0	0	0
Hot Sauce	60	140	120	14	2	1	0	1600	2	0	0	0	0	0	0	0
X-Hot Sauce	60	10	0	0	0	0	0	2020	2	0	0	0	0	0	0	0
Suicide® Sauce	60	10	0	0	0	0	0	1280	2	0	0	0	30	0	4	0
Homicide® Sauce	60	20	0	0	0	0	0	1180	2	0	2	0	40	8	4	4
Barb-B-Cide® Sauce (Contains Gluten)	60	120	10	1	0	0	0	760	28	0	26	0	0	8	0	0
Honey BBQ Sauce (Contains Gluten)	60	120	10	1	0	0	0	760	28	0	26	0	0	8	0	0
Honey Mustard Sauce	60	180	80	9	1	0	10	560	24	0	24	0	0	0	0	0
Maui Splash (Contains Gluten)	60	120	0	0	0	0	0	230	28	0	24	0	0	0	0	0
Teriyaki Sauce (Contains Gluten)	30	60	0	0	0	0	0	520	12	0	10	0	0	0	0	0
Asian Fusion™ Sauce (Contains Gluten)	36	70	0	0	0	0	0	460	16	0	12	0	4	0	0	0
Mango Twist® (Contains Gluten)	72	160	0	0	0	0	0	400	30	0	26	0	4	12	0	0
Cajun Sauce	60	140	120	14	2	1	0	1600	2	0	0	0	0	0	0	0
Caribbean Jerk Sauce	60	240	240	26	5	3	0	1180	2	0	0	0	0	0	0	0
Chesapeake Bay Sauce	60	240	240	26	5	3	0	1180	2	0	0	0	0	0	0	0
Buffalo Garlic Sauce	60	245	220	25	5	5	0	1270	4	0	1	1	8	2	0	2
Golden Garlic Sauce	60	480	440	50	10	9	0	520	6	0	2	2	16	4	0	4
Garlic Parmesan Sauce	70	520	470	53	12	9	10	690	6	0	2	6	16	4	12	4
Lemon Pepper Sauce	60	260	260	28	5	0	0	200	0	0	0	0	30	0	0	0
Fresh Tenders																
3 pc Fresh Tenders (Grilled)	204	226	22	2	0	0	118	132	0	0	0	48	0	5	22	7
5 pc Fresh Tenders (Grilled)	340	376	36	4	0	0	196	220	0	0	0	80	0	8	36	12
3 pc Fresh Tenders (Breaded)	240	338	25	3	0	0	118	1175	25	1	0	51	5	5	46	8
5 pc Fresh Tenders (Breaded)	384	516	41	4	0	0	196	1518	31	1	0	84	7	8	66	13

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St Louis Ribs																
Half Rack	168	520	380	42	16	0	150	760	0	0	0	34	0	0	0	12
Full Rack	336	1040	760	84	32	0	300	1520	0	0	0	68	0	0	0	24
Half Rack with Fries & Coleslaw	495	916	521	58	19	0	155	1048	59	4	15	40	6	22	4	23
Full Rack with Fries & Coleslaw	663	1436	901	100	35	0	305	1808	59	4	15	74	6	22	4	35
Sandwiches																
Chicken Tender Sandwich	582	781	185	22	10	0	148	3477	86	5	8	63	48	50	100	23
Buffalo-Style Chicken Sandwich	702	1221	585	68	16	1	168	5617	90	5	10	65	53	50	100	23
Chicken BLT	696	1429	674	77	26	0	265	5760	88	5	8	99	49	50	101	32
Chicken Parmesan Sandwich	405	966	265	31	11	0	148	4847	107	5	25	65	52	24	105	32
Buffalo Bleu Burger	527	846	530	61	16	3	116	2300	39	4	9	34	28	46	8	26
BBQ Bacon Cheese Burger	625	1324	749	84	31	2	238	3893	66	4	34	74	33	54	24	34
WTG Burger	394	746	351	40	17	2	136	1544	56	5	19	39	16	16	32	25
Catfish Sandwich	452	483	72	10	3	0	47	1656	73	5	7	28	32	47	32	27
Chicken Cheese Steak	542	987	203	25	11	0	246	3717	90	3	2	103	22	8	114	31
Cheese Steak	375	960	520	60	27	0	200	1690	43	2	2	61	12	0	34	38
Wraps																
Golden Tender Wrap	600	858	252	28	13	0	158	2124	84	8	6	68	43	50	104	13
Buffalo-Style Chicken Wrap	720	1298	652	74	19	1	178	4264	88	8	8	70	47	50	104	13
Chicken BLT Wrap	714	1506	741	84	29	0	275	4407	86	8	6	104	44	50	105	21
Chicken Caesar Wrap	643	1068	452	51	16	0	158	2544	86	8	8	69	45	50	106	13
Shrimp Wrap	517	705	240	27	13	0	95	1570	79	9	6	41	40	46	68	10
Veggie Wrap	525	602	230	26	13	0	60	1136	68	9	7	28	42	56	67	15
Fajita Wrap	583	993	353	38	20	0	188	3208	93	9	7	69	37	24	123	16
Fiesta Wrap	778	1051	355	39	20	0	188	3037	102	11	11	73	59	61	119	24
Mini Wrap	262	354	209	24	7	1	79	1835	5	1	2	28	12	8	31	5
Quesadillas																
Cheese Quesadilla	366	670	310	35	18	0	90	1710	61	7	4	31	44	44	88	8
BBQ Chicken Quesadilla	629	1083	342	38	18	0	188	3554	112	8	30	74	49	56	128	15
Buffalo Chicken Quesadilla	629	1103	452	51	20	1	188	4394	86	8	4	74	49	48	128	15
Fiesta Chicken Quesadilla	687	1091	385	43	21	0	203	3152	99	10	8	78	55	55	133	22
Steak Quesadilla	741	1600	830	95	45	0	275	4420	104	9	6	86	56	44	107	46
Catfish																
2 pc Catfish, Hushpuppies, Fries, Coleslaw	595	879	280	32	7	0	99	1927	107	7	19	43	13	24	40	21
4 pc Catfish, Hushpuppies, Fries, Coleslaw	735	1141	349	39	9	0	146	2725	136	9	23	62	16	25	56	28

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Buffalo Shrimp																
5 pc Buffalo Shrimp	120	140	10	1	0	0	35	530	18	2	0	16	2	0	4	4
10pc Buffalo Shrimp	240	280	20	2	0	0	70	1060	36	4	0	32	4	0	8	8
Kids Meals																
Hot Dog, Fries, & Fountain Drink	302	746	251	28	10	1	40	828	114	2	70	13	2	18	0	17
2 Fresh Tenders, Fries, & Fountain Drink	312	630	90	10	2	0	49	193	114	2	70	25	0	20	9	12
Cheese Quesadilla, Fries, Fountain Drink	359	956	231	26	10	0	30	978	167	7	71	21	6	18	40	9
5 Mini Corn Dogs, Fries, & Drink	267	651	141	16	4	0	13	408	126	2	73	7	0	18	1	11
Desserts																
Xango™ Fried Cheesecake	120	380	190	190	11	0	85	180	38	0	12	7	10	2	10	8
Brownie Ice Cream	210	840	420	47	22	0	205	330	98	2	75	10	45	0	22	15
Beverages																
Coca-Cola 20oz	20	260	0	0	0	0	0	0	70	0	70	0	0	0	0	0
Diet Coke 20oz	20	0	0	0	0	0	0	25	0	0	0	0	0	0	0	0
Cherry Coke 20oz	20	260	0	0	0	0	0	0	70	0	70	0	0	0	0	0
Sprite 20oz	20	243	0	0	0	0	0	55	65	0	65	0	0	0	0	0
Fuse Ice Tea 20oz	20	155	0	0	0	0	0	35	43	0	43	0	0	0	0	0
Pink Lemonade 20oz	20	240	0	0	0	0	0	103	60	0	60	0	0	0	0	0
Condiments																
Bacon	100	548	389	43	14	0	107	2193	1	0	0	36	1	0	1	8
Salsa	30	15	0	0	0	0	0	215	2	1	1	0	2	6	0	0
Sour Cream	30	60	50	5	4	0	15	45	2	0	1	1	4	0	4	0
Mayonnaise	14	100	100	12	2	0	10	90	0	0	0	0	0	0	0	0
Cheese Sauce	57	80	50	5	1	2	0	490	7	0	2	0	0	0	6	0
Cocktail Sauce	60	45	0	0	0	0	0	750	10	1	9	1	0	10	0	2
Marinara Sauce	30	110	40	5	1	0	0	700	14	1	11	2	15	10	4	4
Blue Cheese Dressing	30	150	140	16	2	0	10	270	1	0	1	1	2	0	0	0
Ranch Dressing	30	160	140	16	3	0	5	330	2	0	1	0	0	0	0	0
Italian Dressing	43	120	100	11	2	0	0	430	5	0	4	0	0	0	0	0
Caesar Dressing	43	210	200	23	4	0	0	420	2	0	2	1	2	0	2	0
Thousand Island Dressing	43	190	170	18	3	0	20	370	6	0	4	0	0	0	0	0

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Cheeses																
American Cheese Slice	28	100	80	9	5	0	25	510	1	0	0	5	6	0	15	0
Cheddar Jack Cheese Shredded	28	110	80	9	5	0	30	170	1	0	0	7	6	0	20	0
Parmesan Cheese	5	20	15	2	1	0	5	85	0	0	0	2	0	0	6	0
Vegetables																
Lettuce	89	10	0	0	0	0	0	10	2	1	2	1	6	6	2	2
Tomatoes	148	25	0	0	0	0	0	20	5	1	3	1	20	40	2	4
Onions	100	40	1	0	0	0	0	4	9	2	4	1	0	12	2	1
Corn	29	26	3	0	0	0	0	3	6	0	2	1	0	1	0	0
Black Beans	29	27	0	0	0	0	0	96	5	1	0	2	0	0	1	7
Cucumbers	99	10	0	0	0	0	0	0	2	1	1	1	4	10	2	2
Pickles Chips	28	0	0	0	0	0	0	320	1	0	0	0	0	0	0	0
Jalapeno Peppers	30	5	0	0	0	0	0	510	1	1	0	0	6	4	6	4
Celery	110	15	0	0	0	0	0	115	4	2	2	0	10	15	4	2

A Registered Dietitian compiled this nutrition information from the following data: Nutrition analysis from Wings To Go® approved food manufacturers, independent laboratories and the USDA Nutrient Database for Standard Reference. The nutrition information listed here is based on standard recipes and product formulations, however slight variations may occur due to season of the year, use of alternate supplier, region of the country and/or small differences in product assembly.

*At participating locations. Nutrition information for these items are based on the most common formulas and ingredients.

**Boneless and Traditional Wings do not include sauce, dressing, or celery. Take these items into consideration when calculating your calorie intake. All breaded items contain gluten.

***Nutrition information for fountain beverages do not include ice and is based on full cup size. Due to large variety of possible fountain beverage offerings nutrition ranges are provided in this brochure. Sodium values represent the amount of sodium from ingredients only and do not include the contribution from the water where beverages are dispensed.