



NUTRITION INFORMATION

General nutrition advice for calories of recommendation is 2000 per day. However, needs may vary per individual.

Individual beverages may vary upon amount of ice used.

FIREWINGS

NUTRITION ABBREVIATION KEY

CALS = CALORIES	FAT = TOTAL FAT	SAT FAT = SATURATED FAT	CHOLEST = CHOLESTEROL
FIBER = DIETARY FIBER	CARB = TOTAL CARBOHYDRATES	SUGARS = TOTAL SUGARS	** = BREADED WINGS

WINGS		SERVING SIZE*	CALS	FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOLEST (mg)	SODIUM (mg)	CARB (g)	FIBER (g)	SUGARS (g)	PROTEIN (g)
Bone-in		2 piece	142	8	2	0	72	60	0	0	0	17
Breaded**		2 piece	202	8	2	0	72	75	15	0	0	17
Boneless		2 piece	170	6	1	0	45	630	13	0	0	15
Tenders		2 piece	293	12	2	0	53	747	20	0	1	21

FLAVORS		SERVING SIZE*	CALS	FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOLEST (mg)	SODIUM (mg)	CARB (g)	FIBER (g)	SUGARS (g)	PROTEIN (g)
Original BBQ		2 piece	40	0	0	0	0	150	10	0	9	0
BBQ Chipotle		2 piece	23	0	0	0	0	220	5	0	5	0
Sriracha		2 piece	21	0	0	0	0	7	5	0	3	0
Original Buffalo		2 piece	76	9	5	0	23	571	0	0	0	0
Buffalo Stampede		2 piece	76	9	5	0	23	631	0	0	0	0
Mango Habanero		2 piece	10	0	0	0	0	276	1	0	1	0
Fire Wing		2 piece	84	9	5	0	25	722	2	0	1	0
Garlic Parmesan**		2 piece	71	8	1	0	8	326	2	0	1	1
Cali Rub		2 piece	38	4	1	0	0	225	1	1	0	0
Jamaican Jerk		2 piece	43	4	1	0	0	184	1	1	0	0
Louisiana Rub		2 piece	36	4	2	0	0	139	1	1	0	0
Malaysian Curry		2 piece	46	4	2	0	0	151	1	1	0	0
Lemon Pepper		2 piece	44	4	2	0	0	148	1	1	0	0
Salt & Pepper**		2 piece	5	0	0	0	0	198	1	0	0	0
Classic Teriyaki		2 piece	40	0	0	0	0	320	9	0	8	0
Peking**		2 piece	46	2	1	0	0	363	9	1	6	0
Dragon**		2 piece	35	2	0	0	0	310	7	1	5	0
Korean Kick**		2 piece	44	3	0	0	0	355	7	1	6	1
Peanut Butter**		2 piece	55	2	1	0	0	403	8	1	6	1
Thai Chili**		2 piece	46	2	0	0	0	384	7	1	5	1
Saigon Street**		2 piece	45	3	0	0	0	379	7	1	6	1

CHICKEN SANDWICHES		SERVING SIZE*	CALS	FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOLEST (mg)	SODIUM (mg)	CARB (g)	FIBER (g)	SUGARS (g)	PROTEIN (g)
Original		1 Sandwich	795	40	11	0	196	937	57	3	12	40
Buffalo		1 Sandwich	871	49	16	0	219	1508	57	3	12	40
Nashville		1 Sandwich	993	57	18	0	254	1764	59	4	12	47

SALADS		SERVING SIZE*	CALS	FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOLEST (mg)	SODIUM (mg)	CARB (g)	FIBER (g)	SUGARS (g)	PROTEIN (g)
Caesar		150g	89	3	1	0	7	181	9	1	1	4
House		250g	55	0	0	0	5	44	8	1	0	2
Asian Chicken Salad		370g	306	6	1	0	114	183	14	1	2	47
Thai Chicken Salad		385g	320	6	1	0	114	179	14	1	5	47

SALAD DRESSINGS		SERVING SIZE*	CALS	FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOLEST (mg)	SODIUM (mg)	CARB (g)	FIBER (g)	SUGARS (g)	PROTEIN (g)
Caesar Dressing		92g	360	39	6	0	5	840	3	0	0	3
Thousand Island		92g	360	33	6	0	45	810	15	0	12	0
Italian Dressing		92g	300	30	5	0	0	690	9	0	6	0
Asian Dressing		92g	390	45	6	0	0	1350	18	0	18	0



NUTRITION INFORMATION

General nutrition advice for calories of recommendation is 2000 per day. However, needs may vary per individual.

Individual beverages may vary upon amount of ice used.

FIREWINGS

SIDES		SERVING SIZE*	CALS	FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOLEST (mg)	SODIUM (mg)	CARB (g)	FIBER (g)	SUGARS (g)	PROTEIN (g)
Regular Fries	Regular	225g	360	12	3	0	0	75	54	6	2	6
	Large	315g	480	16	4	0	0	100	72	8	3	8
Seasoned Fries	Regular	210g	350	15	4	0	0	825	48	5	2	5
	Large	290g	490	21	5	0	0	1115	67	7	3	7
Chili Cheese Fries	Regular	350g	578	30	9	0	20	1625	65	7	5	12
	Large	430g	718	36	10	0	20	1915	84	9	6	14
Garlic Fries	Regular	280g	431	16	4	0	8	401	56	6	3	7
	Large	370g	551	21	4	0	0	426	74	8	4	9
Chili Cheese Tater Tots	Regular	392g	708	39	11	0	0	1790	74	8	4	13
	Large	465g	833	45	11	0	0	2055	89	10	5	15
Fire Fries	Regular	310g	449	21	8	0	0	797	56	6	3	6
	Large	400g	564	25	9	0	0	822	74	8	4	8
Tater Tots	Regular	252g	480	24	6	0	0	990	57	6	3	6
	Large	325g	605	30	6	0	0	1255	72	8	4	8
Garlic Noodles	Regular	228g	556	31	13	0	89	2635	55	0	29	17
	Large	265g	614	30	9.1	0	96	3425	72	0	38	22
Mac-N-Cheese	Regular	265g	445	28	11	0	53	889	33	1	9	18
	Large	500g	806	51	19	0	94	1611	59	2	17	32
Coleslaw	Regular	150g	203	16	2	0	12	35	5	6	0	3
	Large	270g	295	23	3	0	17	51	7	9	0	4
Side of Rice	Regular	190 g	241	0	0	0	0	2	53	1	0	5
	Large	345 g	422	1	0	0	0	5	92	2	0	9
Veggie Sticks (Carrots)		6 pieces	26	0	0	0	0	29	6	1	0	0
Veggie Sticks (Celery)		6 pieces	8	0	1	0	0	39	1	0	1	0
Zucchini Sticks		13 pc/240g	456	23	6	0	0	941	54	6	3	6
Stuffed Jalapeños		6 pieces	450	18	11	0	53	720	62	3	3	11
Mozzarella Sticks		6 pieces	360	16	10	0	60	860	36	1	2	20
Hawaiian Rolls		2 pc	200	4	2	0	30	160	32	0	10	6

DIPS		SERVING SIZE*	CALS	FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOLEST (mg)	SODIUM (mg)	CARB (g)	FIBER (g)	SUGARS (g)	PROTEIN (g)
Ranch		2oz	250	26	4.5	0	0	500	3	0	2	1
Blue Cheese		2oz	200	16	11	0	43	791	1	0	0	12
Buffalo		2oz	0	0	0	0	0	1567	0	0	0	0
Sriracha Mayo		2oz	270	36	6	0	40	420	0	0	0	0
Sweet Chili		2oz	140	0	0	0	0	800	34	2	28	0
Honey Mustard		2oz	116	50	6	0	0	393	16	0	10	1
BBQ		2oz	160	0	0	0	0	600	38	0	34	0
Marinara		2oz	30	1	0	0	0	245	5	0	2	1

BEVERAGES		SERVING SIZE*	CALS	FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOLEST (mg)	SODIUM (mg)	CARB (g)	FIBER (g)	SUGARS (g)	PROTEIN (g)
Pepsi		12oz	150	0	0	0	0	30	28	0	28	0
Diet Pepsi		12oz	0	0	0	0	0	35	0	0	0	0
Dr. Pepper		12oz	100	0	0	0	0	35	27	0	27	0
Root Beer		12oz	160	0	0	0	0	65	44	0	44	0
Mountain Dew		12oz	174	0	0	0	0	63	46	0	46	0
Sierra Mist		12oz	150	0	0	0	0	30	41	0	41	0
Tropicana Lemonade		12oz	180	0	0	0	0	25	44	0	42	0
Tropicana Pink Lemonade		12oz	150	0	0	0	0	90	39	0	39	0
Brisk Raspberry Tea		12oz	135	0	0	0	0	75	35	0	35	0
Orange Crush		12oz	162	0	0	0	0	72	43	0	43	0