



Virtual Brand Nutrition Guide

Calories

Calories from Fat

Fat

Saturated Fat

Trans Fatty Acid

Cholesterol

Sodium

Carbohydrates

Total Dietary Fiber

Total Sugars

Protein

Allergen Statement

Common Name	(kcal)	(kcal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(English)
8" Chocolate Chip Cookie Whole	1300	590	65	37	0	55	880	181	0	116	11	Contains Egg, Soy, Wheat.
8" Chocolate Chip Cookie Slice	190	80	9	5	0	10	125	26	0	17	2	Contains Egg, Soy, Wheat.
Boneless Wings - 16 - Unsauced	1720	1000	112	17	0	190	2820	90	0	0	77	Contains Egg, Milk, Wheat.
Boneless Wings - 16 - Combo - Buffalo Sauce and Corn - Low	1900	1030	114	18	0	190	6120	125	0	5	82	Contains Egg, Milk, Wheat.
Boneless Wings - 16 - Combo - Garlic Parm Sauce and Waffle Fries - High	3290	2520	378	40	0	220	7070	149	0	6	81	Contains Egg, Milk, Soy, Wheat.
Boneless Wings - 16 - Unsauced with Side of Ranch Dressing	2540	1800	200	32	0	220	4520	101	0	6	77	Contains Egg, Milk, Wheat.
Boneless Wings - 16 - Tossed in BBQ Sauce	1850	1000	112	17	0	190	4050	120	6	20	77	Contains Egg, Milk, Wheat.
Boneless Wings - 16 - Tossed in Buffalo Sauce	1750	1020	113	18	0	190	6120	92	0	1	78	Contains Egg, Milk, Wheat.
Boneless Wings - 16 - Tossed in Garlic Parmesan Sauce	2020	1280	142	21	0	190	4480	97	0	0	77	Contains Egg, Milk, Soy, Wheat.
Boneless Wings - 16 - Tossed in Mango Habanero Sauce	1880	1000	112	17	0	190	3420	130	0	40	77	Contains Egg, Milk, Wheat.
Boneless Wings - 16 - Tossed in Sweet Teriyaki Sauce	1960	1000	112	17	0	190	4730	143	0	48	77	Contains Egg, Milk, Soy, Wheat.
Boneless Wings - 8 - Unsauced	860	500	56	9	0	95	1410	45	0	0	38	Contains Egg, Milk, Wheat.
Boneless Wings - 8 - Unsauced with Side of Ranch Dressing	1270	900	100	16	0	110	2260	51	0	3	38	Contains Egg, Milk, Wheat.
Boneless Wings - 8 - Tossed in BBQ Sauce	930	500	56	9	0	95	2030	60	3	10	38	Contains Egg, Milk, Wheat.
Boneless Wings - 8 - Tossed in Buffalo Sauce	870	510	57	9	0	95	3060	46	0	0	39	Contains Egg, Milk, Wheat.
Boneless Wings - 8 - Tossed in Garlic Parmesan Sauce	1010	640	71	11	0	95	2240	49	0	0	38	Contains Egg, Milk, Soy, Wheat.
Boneless Wings - 8 - Tossed in Mango Habanero Sauce	940	500	56	9	0	95	1710	65	0	20	38	Contains Egg, Milk, Wheat.
Boneless Wings - 8 - Tossed in Sweet Teriyaki Sauce	980	500	56	9	0	95	2360	72	0	24	38	Contains Egg, Milk, Soy, Wheat.
Boneless Wings - 8 - Combo with Waffle Fries - High	1870	1480	264	22	0	110	3980	94	40	3	42	Contains Egg, Milk, Soy, Wheat.
Boneless Wings - 8 - Combo with Corn - Low	1030	520	57	9	0	95	3110	79	0	5	43	Contains Egg, Milk, Wheat.
Chicken Dinner - 2 pc - breast and drumstick	360	160	18	4.5	0	180	960	7	1	3	42	Contains Soy, Wheat.
Chicken Dinner - 4 pc - breast, leg, wing and thigh	650	340	38	9	0	320	1660	14	1	4	65	Contains Soy, Wheat.
Chicken Dinner - 2 pc - drumstick & thigh with corn - Low	450	180	20	5	0	155	710	39	4	7	31	Contains Soy, Wheat.
Chicken Dinner - 2 pc - breast & wing with waffle fries - High	810	620	167	9	0	165	1840	48	5	2	43	Contains Soy, Wheat.
Chicken Dinner - 4 pc - drumstick & thigh with corn - Low	750	350	39	10	0	310	1410	45	5	9	57	Contains Soy, Wheat.
Chicken Dinner - 4 pc breast & wing with waffle fries - High	1160	780	186	13	0	330	2790	56	6	4	82	Contains Soy, Wheat.
Chicken Dinner - 8 pc - drumsticks & thighs with corn - Low	2750	750	84	19	0	615	2820	351	0	55	152	Contains Soy, Wheat.
Chicken Dinner - 8 pc - drumsticks & thighs	1200	680	76	19	0	615	2820	24	0	8	105	Contains Soy, Wheat.
Chicken Dinner - 8 pc - breast & wings with waffle fries - High	3230	2460	669	35	0	660	7370	191	4	8	171	Contains Soy, Wheat.
Chicken Dinner - 8 pc - breasts and thighs	1420	670	75	19	0	660	3800	32	0	8	156	Contains Soy, Wheat.
Chicken Dinner - 8 pc - chicken only	1310	680	75	19	0	640	3310	28	0	8	130	Contains Soy, Wheat.
Chicken Dipper Sauce - 3oz	340	280	31	4.5	0	30	790	17	0	14	3	Contains Egg, Soy.
Garlic Parmesan Sauce - 3 oz	230	200	23	3	0	0	1250	6	0	0	0	Contains Milk, Soy.
Mango Habanero Sauce - 3 oz	130	0	0	0	0	0	450	30	0	30	0	
BBQ Sauce - 3 oz	100	0	0	0	0	0	930	23	5	15	0	
Buffalo Sauce - 3 oz	20	10	1.5	0	0	0	2470	2	0	0	1	
Sweet Teriyaki Sauce - 3 oz	180	0	0	0	0	0	1430	40	0	36	0	Contains Soy, Wheat.
Buttermilk Ranch Dressing - 3 oz	410	400	44	7	0	15	850	6	0	3	0	Contains Egg, Milk.
Blue Cheese - 3 oz	390	380	43	8	0	30	640	3	0	3	3	Contains Egg, Milk, Soy.
Ranch Chips - Individual Order	280	180	20	2.5	0	0	100	24	2	1	2	
Ranch Chips - Family Order	860	440	48	6	0	0	150	96	10	5	10	
Chicken Tenders - 3 CT	380	220	24	4	0	70	4960	14	0	0	28	Contains Soy, Wheat.
Chicken Tenders - 5 CT	630	360	40	7	0	115	8270	23	0	0	47	Contains Soy, Wheat.
Chicken Tenders - 12CT	1520	860	96	16	0	280	19840	56	0	0	112	Contains Soy, Wheat.
Chicken Tenders - 3 CT Combo - Low	540	220	25	4	0	70	5010	47	3	5	33	Contains Soy, Wheat.
Chicken Tenders - 3 CT Combo - High	1510	1060	217	16	0	85	6770	135	4	78	32	Contains Egg, Milk, Soy, Wheat.
Chicken Tenders - 5 pc Combo - High	1770	1200	233	18	0	130	10080	144	0	78	50	Contains Egg, Milk, Soy, Wheat.
Chicken Tenders - 5 pc Combo - Low	790	370	41	7	0	115	8310	56	0	5	51	Contains Soy, Wheat.
Individual Coleslaw	260	200	23	6	0	40	340	16	3	13	1	Contains Egg.
Family Coleslaw	1580	1220	135	34	0	225	2030	98	15	75	8	Contains Egg.
Individual Corn	160	5	1	0	0	0	0	33	3	5	5	
Family Corn	780	35	4	0	0	0	0	164	16	23	23	
Individual Mashed Potatoes and Gravy	250	60	7	1.5	0	5	1860	39	2	1	2	Contains Milk, Soy.
Family Mashed Potatoes and Gravy	1500	360	40	8	1	25	12140	235	8	6	9	Contains Milk, Soy.
Traditional Bone-In Wings - 16 - Unsauced	1720	1000	112	17	0	190	2820	90	0	0	77	Contains Egg, Milk, Wheat.
Traditional Bone-In Wings - 16 - Tossed in BBQ Sauce	1650	1130	126	28	0	290	3080	40	6	20	87	
Traditional Bone-In Wings - 16 - Tossed in Buffalo Sauce	1550	1150	127	28	0	290	5140	12	0	1	88	
Traditional Bone-In Wings - 16 - Tossed in Garlic Parmesan Sauce	1820	1400	156	32	0	290	3510	17	0	0	87	Contains Milk, Soy.
Traditional Bone-In Wings - 16 - Tossed in Mango Habanero Sauce	1680	1130	126	28	0	290	2440	50	0	40	87	
Traditional Bone-In Wings - 16 - Unsauced with Side of Ranch Dressing	2340	1920	214	43	0	320	3540	21	0	6	87	Contains Egg, Milk.
Traditional Bone-In Wings - 16 - Tossed in Sweet Teriyaki Sauce	1760	1130	126	28	0	290	3750	63	0	48	87	Contains Soy, Wheat.
Traditional Bone-In Wings - 8 - Unsauced	760	570	63	14	0	145	920	5	0	0	44	
Traditional Bone-In Wings - 8 - Tossed in BBQ Sauce	830	570	63	14	0	145	1540	20	3	10	44	
Traditional Bone-In Wings - 8 - Tossed in Buffalo Sauce	770	570	64	14	0	145	2570	6	0	0	44	
Traditional Bone-In Wings - 8 - Tossed in Garlic Parmesan Sauce	910	700	78	16	0	145	1750	9	0	0	44	Contains Milk, Soy.
Traditional Bone-In Wings - 8 - Tossed in Mango Habanero Sauce	840	570	63	14	0	145	1220	25	0	20	44	
Traditional Bone-In Wings - 8 - Unsauced with Side of Ranch Dressing	1170	960	107	21	0	160	1770	11	0	3	44	Contains Egg, Milk.
Traditional Bone-In Wings - 8 - Tossed in Sweet Teriyaki Sauce	880	570	63	14	0	145	1880	32	0	24	44	Contains Soy, Wheat.
Traditional Bone-In Wings - 8 - Tossed in Buffalo Sauce with Corn - Low	930	575	64	14	0	145	2570	39	3	5	49	
Traditional Bone-In Wings - 8 - Tossed in Garlic Parmesan with Chips - High	2040	880	271	27	0	160	3570	130	0	78	47	Contains Milk, Soy, Wheat.
Traditional Bone-In Wings - 16 - Tossed in Buffalo Sauce with Corn - Low	1700	1155	128	28	0	290	5140	45	3	5	93	
Traditional Bone-In Wings - 16 - Tossed in Garlic Parmesan with Chips - High	2270	1580	305	36	0	290	4400	57	0	0	91	Contains: Milk, Soy, Wheat.