



Nutritional & Allergen Information

												Egg	Fish	Milk	Peanuts	Soy	Shellfish	Tree Nuts	Wheat	Sesame
Bone-In Wings																				
	Size	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)									
Mild	1 ea / 1 oz	215	20	10	0	80	530	0	0	0	8			X		X				
Medium	1 ea / 1 oz	170	15	7	0	65	765	0	0	0	8			X		X				
Hot	1 ea / 1 oz	100	7	2	0	45	1170	0	0	0	8									
Extra Hot	1 ea / 1 oz	115	8	2	0	45	1170	0	0	0	8									
Atomic	1 ea / 1 oz	115	8	2	0	45	1170	0	0	0	8									
Original BBQ	1 ea / 1 oz	170	7	0	0	45	300	17	0	13	8					X				
Honey BBQ	1 ea / 1 oz	200	7	5	0	45	210	27	0	24	8					X				
Garlic Parmesan	1 ea / 0.5 oz	275	26	6	1.25	45	470	5	<1	0	9			X		X				
Lemon Pepper	1 ea / 0.5 oz	213	20	5	1.5	45	488	0	0	0	8					X				
Sweet Chili	1 ea / 1 oz	180	7	2	0	45	410	20	0	18	8									
Mango Habanero	1 ea / 1 oz	160	7	2	0	45	230	14	0	14	8									
Spicy BBQ (LTO)	1 ea / 1 oz	170	7	0	0	45	300	17	0	13	8					X				
No Sauce	1 ea / 1 oz	100	7	2	0	45	30	0	0	0	8									
Tenderloin Strips												Egg	Fish	Milk	Peanuts	Soy	Shellfish	Tree Nuts	Wheat	Sesame
	Size	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)									
Mild	1 ea / 1 oz	275	21	9.5	0	75	520	10	2	0	13	X		X		X			X	
Medium	1 ea / 1 oz	230	16	6.5	0	60	755	10	2	0	13	X		X		X			X	
Hot	1 ea / 1 oz	160	8	1.5	0	40	1160	10	2	0	13	X							X	
Extra Hot	1 ea / 1 oz	175	9	1.5	0	40	1160	10	2	0	13	X							X	
Atomic	1 ea / 1 oz	175	9	1.5	0	40	1160	10	2	0	13	X							X	
Original BBQ	1 ea / 1 oz	230	8	0.5	0	40	290	27	2	13	13	X				X			X	
Honey BBQ	1 ea / 1 oz	260	8	4.5	0	40	200	37	2	24	13	X				X			X	
Garlic Parmesan	1 ea / 0.5 oz	335	27	5.5	1.25	40	460	15	2	0	14	X		X		X			X	
Lemon Pepper	1 ea / 0.5 oz	273	21	4.5	1.5	40	478	10	2	0	13	X				X			X	
Sweet Chili	1 ea / 1 oz	240	8	1.5	0	40	400	30	2	18	13	X							X	
Mango Habanero	1 ea / 1 oz	220	8	1.5	0	40	220	24	2	14	13	X							X	
Spicy BBQ (LTO)	1 ea / 1 oz	230	8	-0.5	0	40	290	27	2	13	13	X				X			X	
No Sauce	1 ea / 1 oz	160	8	1.5	0	40	20	10	2	0	13	X							X	
Breadsticks												Egg	Fish	Milk	Peanuts	Soy	Shellfish	Tree Nuts	Wheat	Sesame
	Size	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)									
1 Breadstick	1 ea	170	5	1	0.5	5	150	29	4	1	5	X		X		X			X	
2 Breadsticks	2 ea	340	10	2	1	10	300	58	8	2	10	X		X		X			X	
4 Breadsticks	4 ea	680	20	4	2	20	600	116	16	4	20	X		X		X			X	
6 Breadsticks	6 ea	1020	30	6	3	30	900	174	24	6	30	X		X		X			X	
12 Breadsticks	12 ea	2040	60	12	6	60	1800	348	48	12	60	X		X		X			X	
Pizza Sticks												Egg	Fish	Milk	Peanuts	Soy	Shellfish	Tree Nuts	Wheat	Sesame
	Size	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)									
Single Pizza Sticks	No Sauce	1 ea	1400	70	32	0.5	275	1710	115	16	5	71	X		X		X			X
Double Pizza Sticks	No Sauce	2 ea	2800	140	64	1	550	3420	230	32	10	142	X		X		X			X
Fries / Rice												Egg	Fish	Milk	Peanuts	Soy	Shellfish	Tree Nuts	Wheat	Sesame
	Size	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)									
Epic Fries	No Sauce	1 ea	1110	59	11	0	90	270	109	17	7	36	X		X				X	
Fresh Cut Fries		1 ea	510	28	5	0	0	150	58	9	4	6								
Rice Bowl		14 oz	520	1	0	0	0	115	1.5	0	9.5									
Chicken Rice Bowl	No Sauce	1 ea	840	17	1.5	0	80	40	135	5.5	0	22.5	X		X				X	
Salads												Egg	Fish	Milk	Peanuts	Soy	Shellfish	Tree Nuts	Wheat	Sesame
	Size	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)									
Garden Salad	No Dressing	1 ea	80	1	0	0	30	17	8	7	5									
Chicken Salad	No Sauce or Dressing	1 ea	400	17	3	0	80	70	37	12	31	X							X	
Sauces												Egg	Fish	Milk	Peanuts	Soy	Shellfish	Tree Nuts	Wheat	Sesame
	Size	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)									
Mild	2 oz	230	26	16	0	70	1000	0	0	0	0			X		X				
Medium	2 oz	140	15	10	0	40	1470	0	0	0	0			X		X				
Hot	2 oz	0	0	0	0	0	2280	0	0	0	0									
Extra Hot	2 oz	15	1	0	0	0	2280	3	1	0	<1									
Atomic	2 oz	15	1	0	0	0	2280	3	1	0	<1									
Original BBQ	2 oz	70	0	0	0	0	540	17	0	13	0					X				
Honey BBQ	2 oz	100	0	0	0	0	360	27	0	24	0					X				
Garlic Parmesan	1 oz	175	19	4	2.5	0	440	3	<1	0	<1			X		X				
Lemon Pepper	1 oz	225	25	5	3	0	915	0	0	0	0					X				
Sweet Chili	2 oz	160	0	0	0	0	760	40	0	36	0									
Mango Habanero	2 oz	120	0	0	0	0	400	28	0	28	0									
Spicy BBQ (LTO)	2 oz	70	0	0	0	0	540	17	0	13	0					X				
Dressings												Egg	Fish	Milk	Peanuts	Soy	Shellfish	Tree Nuts	Wheat	Sesame
	Size	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)									
2 oz Ranch	2 oz	240	25	4	0	15	440	2	0	1	1	X		X						
4 oz Ranch	4 oz	480	50	8	0	30	880	4	0	2	2	X		X						
2 oz Blue Cheese	2 oz	360	38	7	0	25	370	<1	0	0	2	X								
4 oz Blue Cheese	4 oz	720	76	14	0	50	740	1	0	0	4	X								X
2 oz Chipotle Ranch	2 oz	230	24	4	0	15	420	2	0	2	1	X		X						
4 oz Chipotle Ranch	4 oz	460	48	8	0	30	840	4	0	4	2	X		X						
4 oz Vinaigrette	4 oz	200	20	3	0	0	440	2	0	0	0									
4 oz Balsamic Vinaigrette	4 oz	180	16	3	0	0	580	8	0	6	0	X		X		X				
Dessert												Egg	Fish	Milk	Peanuts	Soy	Shellfish	Tree Nuts	Wheat	Sesame
	Size	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)									
Cinnabites	Order	890	39	10	2.5	15	560	124	12	41	16	X		X		X			X	

*Nutrition information is based on standard recipes. Actual values may vary by preparation and portion size.

*Although we take precautions, menu items may come in contact with common allergens during preparation.

While we provide ingredient allergen information, our kitchens handle milk, eggs, wheat, soy, peanuts, and sesame. Because of shared cooking and preparation areas, we cannot guarantee that any menu item is completely free of allergens or cross-contact. Guests with severe food allergies should notify the restaurant before ordering.